

OTTAWA

metro®

Tuesday, August 14, 2012



News  
worth  
sharing.

[metronews.ca](http://metronews.ca) | [twitter.com/metroottawa](https://twitter.com/metroottawa) | [facebook.com/metroottawa](https://facebook.com/metroottawa)



RBC Insurance

We do car  
insurance?  
Quite well,  
actually.



Insurance advice for your life™



RBC Insurance

# Ranked “Highest in Customer Satisfaction among Auto Insurers in the Ontario and Atlantic Region.”



When it comes to car insurance, it's important to deal with trusted experts. Just ask our customers – they know our commitment to great service firsthand. From policy offerings, billing and payment right down to claims, we ensure you get the best possible treatment and feel confident that RBC Insurance® is there to help.

To get your quote, call **1-877-ROYAL®-43**, go online at [rbcinsurance.com/car](http://rbcinsurance.com/car) or visit your local RBC Insurance store.

In the South Keys Shopping Centre  
2212 Bank Street, Ottawa

In the Terry Fox Shopping Centre  
500 Hazeldean Road, Kanata

**Insurance advice for your life™**

| HOME | AUTO | LIFE | HEALTH | TRAVEL | BUSINESS | RETIREMENT |



Underwritten by RBC General Insurance Company or RBC Insurance Company of Canada.

® / ™ Trademark(s) of Royal Bank of Canada. Used under licence. Due to the government-run auto insurance plans, RBC Insurance does not provide auto insurance in Manitoba, Saskatchewan and British Columbia.

RBC Insurance received the highest numerical score among auto insurance providers in the Ontario and Atlantic Region in the proprietary J.D. Power and Associates 2011 Canadian Auto Insurance Customer Satisfaction Study™. Study based on 11,286 total responses measuring 20 providers in the Ontario and Atlantic Region (NB, NL, NS, ON, PE) and measures consumer satisfaction with auto insurance providers. Proprietary study results are based on experiences and perceptions of consumers surveyed in July-August 2011. Your experiences may vary. Visit [jdpower.com](http://jdpower.com)



# Zombies cough up some dough

Organizers of this year's Ottawa Zombie Walk may have to pay upwards of \$3,500 for police presence PAGE 3

# SPROUT OUT OF A DREAM

DIRECTOR FLIPS BETWEEN FANTASY AND REALITY IN THE ODD LIFE OF TIMOTHY GREEN PAGE 10



OTTAWA

**metro**

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

Tuesday, August 14, 2012

News worth sharing.

# Olympians welcomed home

**Inspiration.** Sense of pride was palpable at airport as Canadian athletes returned home



If the Ottawa police pipe and drum band wasn't welcoming enough for local Olympians at the Ottawa International Airport Monday, the onslaught of greetings from dozens of friends, family and fans certainly was.

As athletes emerged from the customs gate, fans armed with flashing cameras, drowned out the pipes with their loud cheers and applause.

Men's 4x100 relay runner Oluwasegun (Segun) Makinde was first out, followed by teammate Gavin Smellie.

The pair were all smiles, despite a disappointing disqualification in London when fellow runner Jared Connaughton stepped on a lane line. "I was very disappointed," said Smellie at the airport Monday.

"We managed to pull ourselves together and keep our heads up and hope the best for the future."

The crowded welcome was

**Fanfare**

"The saying for the Olympics this year was 'Inspire a generation,' and I really feel that these athletes have done that."

Emma Lis, 19, Olympian fan

a big surprise for the 26-year-old. "It's a great atmosphere, I'm taking everything in right now. It's a great moment."

His teammate felt the same: "It feels good to be back," Makinde said, hugging his parents.

With a silver medal dangling from his neck, Canadian rower Conlin McCabe said it felt "awesome" to see so many excited fans and the media put a spotlight on his team.

"Coming from Brockville, Ont., this never happens in our sport," said McCabe, before signing an autograph on a young boy's T-shirt.

Emma Lis, 19, an Ottawa South United Soccer Club player, didn't know any of the athletes personally, yet she rushed to the airport just to see them arrive home.

"The saying for the Olympics this year was 'Inspire a generation' and I really feel that these athletes have done that," said Lis.



Canadian 4x100 relay sprinter Gavin Smellie signs his autograph on a fan's Team Canada sweater Monday at the Ottawa International Airport after arriving from the Olympic Games in London. JOE LOFARO/METRO

**BECOME OUR NEXT SCHOOL BUS DRIVER**

**First Student Canada**

www.firststudentcanada.com

**FREE TRAINING CALL TODAY!**

**613-688-0653**



**ROGERS™**  
authorized dealer

**BELLEVILLE**

324 North Front St.  
(613) 969-0120

**BROCKVILLE**

2399 Parkdale Ave.  
(613) 345-3161

**CORNWALL**

Cornwall Square  
(613) 936-2083

**GLOUCESTER**

Gloucester City Centre  
1980 Ogilvie Rd., Unit 136  
(613) 842-7285

**KANATA**

Hazeldean Mall  
(613) 271-1153  
Kanata Centrum  
Shopping Centre  
(613) 599-9690

**KINGSTON**

Cataraqui Town Centre  
(613) 634-9897  
Kingston Centre  
(613) 546-6043  
122 Princess St.  
(613) 549-0315

**NEPEAN**

130 Riocan Ave.  
(613) 823-9240

**ORLEANS**

2020 Lanthier Dr., Unit E2  
(613) 590-0289

**OTTAWA**

901 Carling Ave.  
(613) 238-7533  
104 Bank St.  
(613) 230-0202  
1465 Merivale Rd.  
(613) 224-9222  
205 Richmond Rd.  
(613) 724-2674  
1719 St. Laurent Blvd.  
(613) 276-8585

**PEMBROKE**

670 Pembroke St. W  
(613) 732-1602  
1100 Pembroke St. E, Unit 210  
(613) 732-1602  
3435A Petawawa Blvd.  
(613) 732-1492

**ROGERS®**

**NEPEAN**

Bayshore Shopping Centre  
(613) 726-7665

**OTTAWA**

2121 Carling Ave., Unit 87  
(613) 798-1946  
1200 St. Laurent Blvd., Unit 248  
(613) 746-8546  
50 Rideau St., Unit 327C  
(613) 232-4800

110 Place D'Orleans Blvd., Unit 290  
(613) 590-2237

2269 Riverside Dr., Unit 44  
(613) 737-2071

**BELLEVILLE**

Quinte Mall  
(613) 969-2130

**BONUS  
UNLIMITED INTERNET  
FOR 3 MONTHS**

# The place to go... to go superfast.



**LTE**  
beyond 4G

Samsung Galaxy S III™ (16 GB)  
with FLEXtab™  
**\$159<sup>99</sup>\***  
with select  
3-yr. FLEXtab  
agreements

## THE LTE SAMSUNG GALAXY S III™

Hurry into a Rogers store for a huge selection of LTE superphones & experience  
the fastest wireless network technology on the planet.<sup>1</sup>

Rogers LTE network available in select cities. See [rogers.com/coverage](http://rogers.com/coverage)

[rogers.com/superphones](http://rogers.com/superphones)

CONNECT EXCITING + NETWORK TALK SHARE RELIABLE ACCESS FREEDOM LIFE NETWORK CHAT  
TALK FRIENDS SURF LIFE TEXT FIRST FAST ACCESS FREEDOM LIFE NETWORK CHAT  
CHAT ACCESS SURF LIFE TEXT FIRST FAST ACCESS FREEDOM LIFE NETWORK CHAT  
Creating World-Leading Internet Experiences.

**ROGERS™**

**ROGERS™**  
authorized dealer

**ROGERS®**

«WIRELESSWAVE»

WIRELESS etc...

**Costco**  
WHOLESALE

**FUTURE SHOP**

**booth**  
WIRELESS

**BEST BUY**

**Walmart**

**BATTERIES BY  
gadgets**

**RELIANT POINT**

Offers available for a limited time and subject to change without notice. Usage subject to Rogers Terms of Service and Acceptable Use Policy. \*With new activation on any 3-yr. talk and internet plan having min. \$48 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time Activation Fee of up to \$35 (varies by province) may apply. 1 Within Rogers LTE coverage area. LTE SIM card activation on an LTE plan required. Actual experienced speeds depend on the network spectrum and technical specifications of the device used and may vary based on topography and environmental conditions, network congestion and other factors. © 2012 Rogers Communications.

# Zombies must pay cops \$3,500 for Ottawa walk

**Price of being undead.** Growth of popular event means crowd control needed: Police



**JOE LOFARO**  
joe.lofaro@metronews.ca

Fans of the Ottawa Zombie Walk will soon be on the hunt for not only brains but also a few thousand dollars.

Police have said that organizers need to pay up to have officers monitor this year's event.

Bryony Etherington, the walk's head organizer for the past two years, said she never had to hire paid duty officers in the past, but since the event has grown organizers might have to pay upwards of \$3,500.

"They did not ask us for a fee in the past because there was no way to clearly gauge the number of people that were involved," said Etherington. "(But) I knew that this was coming, that even-

tually, as the event grew in size the risks became greater and the city can't use taxpayer dollars to provide police escorts and services."

For the crowd of an estimated 2,000 participants at last year's Zombie Walk, Sgt. Marc Benson with Ottawa police's special-events section said seven officers responded.

"We obviously needed more," said Benson, reading responding officers' notes from last year.

The 2011 route took the undead from MacDonald Gardens Park through the downtown core and ended at Parliament Hill on Oct. 22.

The number of police resources needed for this year depends on how it's organized and what the route is, Benson added.

"When the crowds get too big, they can't stay on the sidewalk, and then it becomes an issue with people on the roadways mixing with cars and vehicles," said Benson. "And that's where the public-safety issues come into play."



Participants in the Ottawa Zombie Walk last October cross the intersection of Daly Avenue and Nicholas Street as they make their way to Parliament Hill. JOE LOFARO/METRO

The 2012 rates for a paid constable is \$73.14 per hour and \$45.00 per hour for vehicles.

Unable to come up with the money to hire police and get insurance on her own, Etherington is removing

herself from the role of head organizer. She said she hopes fans of the event will organize a fundraiser amongst themselves to keep the event going this year.

"I'm not worried it won't happen because the partici-

pants seem to be very clearly voicing that they want to ensure the event continues," said Etherington.

Follow Joe Lofaro on Twitter @giuseppelo



## Grapes at region's vineyards thrive despite drought



Grapes at the Domain Perrault vineyard in Navan are thriving after the region's drought conditions in June and July sped their growth. CONTRIBUTED

Ottawa area farmers are losing their apple and corn crops. Yet when it comes to wine, 2012 is turning out to be a very good year.

"Grapes seem to thrive on a bit of stress," said Bernard Martineau, chief wine maker at the Domaine Perrault vineyard in Navan. "I'm looking forward to this year's vintage. For us it's almost perfect. It's basically the heat and not a whole lot of rain that did it."

Last year, he said, the vineyard's 6,000 plant crop wasn't as good because they cut too many leaves and left more

buds on the vine than they should have during winter upkeep. That gave the grapes a low sugar content, which is primarily where wine gets its flavour.

Since this year's crop is two weeks ahead of schedule, the grapes will have a much higher sugar content, said vineyard owner Denis Perrault. "The heat is helping the plants. They'll have a lot of time to mature. They're doing better than usual in the dry weather."

Perrault said he can't speak for all Ontario wine makers

since the vines he grows were developed for colder climates by the University of Minnesota, which blended North American vines with varieties from Northern Europe.

As grapes ripen, their sugar content increases, so having colder climate grapes is a boon, said Janet Moul, who owns the 11-acre Jubulani Vineyard and Winery in Richmond with her husband.

"We were getting pretty worried. But the rains came pretty much bang on when we were at our wits end," she said. GRAHAM LANKTREE/METRO

On the web



This kitten sure wants milk. Scan the code to see how crazy this cute three-week-old furball gets at the sight of a milk bottle.

*Sensational!*

*Heart of the Rideau Canal*

Come experience

*Sensational!*

Downtown Smiths Falls

Downtown Smiths Falls offers you over 160 unique shops and services. You'll discover a wonderful selection of clothing, giftware, jewellery, art, antiques and specialty products.

While you're searching for that special item, pause to enjoy an unmatched dining experience or explore one of the museums or waterfront attractions.

Smiths Falls, where you can **Shop, Explore & Be Sensational!**

[www.smithsfalls.ca](http://www.smithsfalls.ca)



# For every woman, I'm running for you.

**Cheryl Hickey**

Host  
Entertainment Tonight Canada

Join us on **Sunday, September 30.**

Canadian Breast Cancer Foundation  
**CIBC Run for the Cure™**

Make a donation and select a gift from the  
**CIBC Pink Collection™**

Visit [cibc.com/runfortheure](http://cibc.com/runfortheure)  
Like us on [facebook.com/cibccommunitymatters](https://www.facebook.com/cibccommunitymatters)  
and follow us on Twitter @CIBCCommunity



Canadian  
Breast Cancer  
Foundation



FOR  
WHAT  
MATTERS.

™Trademark of the Canadian Breast Cancer Foundation, used under license. Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation. "CIBC Pink Collection" and "CIBC For what matters." are trademarks of CIBC.



Real Sports Bar & Grill general manager Matthew Valentine holds Les Bleus, a mixed-beer creation pairing the traditional Kronenbourg lager with the sour-wheat taste of a 1664 Blanc. GRAHAM LANKTREE/METRO

## New sports bar to bring mixed-suds adventure to city

**Blends.** Stuck in a beer  
rut? Try a Darth Maple



**GRAHAM LANKTREE**  
[graham.lanktree@metronews.ca](mailto:graham.lanktree@metronews.ca)

Mixologist and Real Sports Bar & Grill general manager Matthew Valentine is asking beer lovers who can't dream of parting with their Budweiser or Coors to lighten up.

Or darken up, depending on their taste. When the flashy 376-seat sports bar with a near-two-storey TV screen opens this October in the ByWard Market, quirky mixed beers such as the Oh Canada, pairing

### Creative concoctions

You've heard of classics like Snake Bite, Black and Tan and Shandy. But what about these ...

- **Darth Maple.** Canadian with Murphy's Stout
- **Les Bleus.** Kronenbourg with 1664 Blanc
- **Danish Boilermaker.** Carlsberg, Somersby Cider and a shot of Jack Daniels

Rickard's Red and White, will invade the drink list.

"It's for people who want to experiment and play with

their palate," said Valentine, who said working as a bartender for years led him to experiment and try new things. "By mixing beers, you're not just jumping from Coors Light to, say, a beer with double hops."

Lagers like Coors and Budweiser are a great way to start blending beers with something else and to find out if you have a taste for more adventurous and exotic flavours, Valentine said.

"It's a great way to get into full-bodied ales. We want people to have fun with it and find something they like."

Follow Graham Lanktree on  
Twitter @MetroGraham



### Crime

#### 2 charged in heists

Police charged a man and a woman from Gatineau with robbery and weapons offences after two knife-point heists on Aug. 10 and 12 in Ottawa. Sylvain St Amand, 45, and Chantal Labelle, 42, were nabbed after police set up checkpoints at inter-provincial bridges. **METRO**

### Racing

#### Locals go far at motocross contest

Two local motocross racers delivered at the Monster Energy Motocross Nationals on the weekend. Dylan Wright, 14, of Richmond (featured in Metro last week), placed 17th in the MX2 pro class, while Jeremy Medaglia of Kempton won the MX2 class at the San Del Lee racetrack. **METRO**

## Complaint. National Capital Commission re-examining its election-sign ban

The National Capital Commission is re-examining its ban on electoral signs on its properties after a candidate in the Quebec election complained it's undemocratic.

On Friday afternoon the NCC took down elections signs for Bill Clennett, the Québec Solidaire candidate in Hull, on Laurier Avenue by the Museum of Civilization and city hall, which, as part of Confederation Boulevard, is on NCC-controlled land.

Clennett, a longtime activist, said his campaign thinks the policy is "absurd, wrong, and we deplore it."

His campaign put a couple posters back up after the NCC took the others down, he said.

NCC spokesman Jean Wolff said the policy has been in place for about 15 years



An election sign for candidate Bill Clennett is seen on Confederation Boulevard on Monday morning.

JESSICA SMITH/METRO

and it is respected by all the other federal, provincial and municipal candidates.

JESSICA SMITH/METRO

# Ottawa needs better rabies control, says man who filmed rabid squirrel

**Unhelpful advice.** Resident who called the city for assistance was given incorrect information



**JESSICA SMITH**  
jessica.smith@metronews.ca

An Ottawa resident who filmed a squirrel foaming at the mouth and walking jerkily around in circles says the city should have a better handle on rabies control.

Ramsay Nasrallah spotted

a squirrel and a cat interacting strangely on Sunday at Coxford Street and Wick Crescent in Rothwell Heights. The cat ran off, but he took some photos and filmed the squirrel.

"I wanted to capture it so someone could take it away and get rid of it," he said, "but by the time I went to get a container and came back, the squirrel was gone."

Nasrallah called the city but was told that, because the squirrel had left, there was nothing they could do. He said he was told the city only deals with rabid bats, which is incorrect. The operator also directed him to the Ministry

of Natural Resources and the Humane Society. Neither deals with individual reports of rabid squirrels.

Associate medical officer of health Dr. Rosamund Lewis said Ottawa Public Health makes sure people get appropriate health care if they have possibly been exposed to rabies. She said Public Health can also get a trained professional to pick up a rabid animal if it's still in the area.

While Ontario hasn't had a human case of rabies in years, 12 animals have tested positive and 14 people have been vaccinated against rabies as a result of an interaction with a potentially rabid animal so

## By the numbers

# 1,055

Cases appear to be rising, with 1,055 calls already to the city about rabies this year, compared to 1,201 calls for all of 2011 and 556 for 2010.

far this year in Ontario, she said.

Anyone coming into contact with an animal that might be rabid should call Ottawa Public Health at 613-580-6744.

Follow Jessica Smith on Twitter @jessicacatherine



Ramsay Nasrallah spotted this squirrel acting strangely and foaming at the mouth on Sunday at Coxford Street and Wick Crescent in Rothwell Heights.

RAMSAY NASRALLAH/CONTRIBUTED



## Life after the lumber yard: An abandoned tank gets a much-needed makeover

This M1917 tank, left, was in rough shape when it was discovered in a lumber yard, where it had been put to use as a log stripper following the Second World War. But after some 5,000 hours of restoration work, including the construction of a new turret, it was unveiled yesterday at the Canadian War Museum. The two-man tanks, which were used in the First World War by the U.S., were sold to Canada at the beginning of the Second World War and used to train crews. CONTRIBUTED

## HOW DO YOU KEEP 200 MILLION CUSTOMERS HAPPY? WITH YOUR EARS.



Being part of a global company across 18 countries means we have over 200 million customers to listen to and learn from. That helps us provide you with the products and services you deserve, like unlimited plans that really are unlimited.

THAT'S THE POWER OF

**WIND**



**WINDmobile.ca**



**Sears\*** **DISCOUNTS AT THIS LOCATION ONLY**

**RIDEAU CENTRE 50 Rideau St**

**STORE CLOSING** Back To School Savings!

**Everything Must Go!!!**



Police officers gather at the site of a shooting near Texas A&M University on Monday. Police say one law-enforcement officer and one civilian were killed in the shootout. The gunman was also shot before being taken into custody. He later died. DAVE MCDERMAND/BRYAN-COLLEGE STATION EAGLE/THE ASSOCIATED PRESS

## Cop among dead in Texas shooting

**Four more injured.** Gunman, other man also killed during incident near university campus

A Texas law enforcement officer attacked as he brought an eviction notice to a house Monday was among three people, including a shooter inside the home, killed Monday near a Texas university.

A 65-year-old man also died, while three other law enforcement officers and a 55-year-old woman were wounded in the shootings at an off-campus home not far from the Texas A&M University's football sta-

dium, College Station Assistant Police Chief Scott McCollum said.

Brazos County constable Brian Bachmann had gone to a home with an eviction notice just after 12 p.m., McCollum said. A man in his mid-30s who lived there opened fire.

Officers responding to calls describing an officer down saw Bachmann wounded on the ground in the front yard, then got into what McCollum described as an extended shootout with the gunman, who eventually was shot.

Both Bachmann and the gunman were later pronounced dead at a hospital. Officials did not say where the other man who died was shot or why he, or the woman who was wound-

ed, was at the home.

The shootings prompted Texas A&M to issue an emergency-alert warning students and residents to stay away from the area. Most of the university's 50,000 students were not on the campus because the fall semester hasn't started.

Bachmann worked more than 19 years in law enforcement, according to the Texas Commission on Law Enforcement Officer Standards and Education. He started out with the Hempstead Police Department before spending most of his career with the Brazos County Sheriff's Office. He had been a constable since January 2011 after winning election to the post the prior November.

THE ASSOCIATED PRESS

### Security

#### Man strolls across airport tarmac

A New York City man breached Kennedy International Airport's state-of-the-art security system by walking through two runways and into a terminal after becoming stranded in a nearby bay.

THE ASSOCIATED PRESS

### Good to be lucky

#### DUI arrest nets wanted fugitive

Toronto police say a drunk-driving investigation led to the arrest of an international fugitive wanted in a gruesome Philadelphia murder more than a decade ago.

THE CANADIAN PRESS

## Norway. Commission criticizes police response to bomb, gun massacre

Norwegian authorities could have prevented or interrupted the bomb and gun attacks by a far-right fanatic who killed 77 people last year, a government commission said Monday.

The long-awaited report into the July 22 attacks also said the domestic intelligence service could have done more to track down the gunman, but stopped short of saying it could have stopped him.

Anders Behring Breivik, 33, has admitted to the bombing of the government's headquarters in Oslo, which killed eight people, and the subsequent shooting spree at a youth camp that left 69 dead, more than half of them teenagers. He is currently awaiting sentencing.

While noting that the attacks "may be the most shocking and incomprehensible acts ever experienced in Norway," the 500-page report said the bombing "could have been prevented" if already-adopted security measures had been implemented more effectively.



Anders Behring Breivik

The report said that a faster police response could have stopped Breivik's shooting spree earlier, but recognized that "hardly anyone could have imagined" the attack on Utøya.

THE ASSOCIATED PRESS

**ENTIRE STORE NOW 20% OFF & MORE**  
Lowest Ticketed Price

**30% to 40% OFF** ALL Fine Jewellery, Diamond, Silver, Gold & Gemstones  
Original Ticketed Price

**All Fashion Clothing**  
Back To School Savings!

**30% OFF**  
Lowest Ticketed Price

**Save On All Craftsman Tools, Major Appliances & Kitchen Electrics**  
All At Discount Prices!

**All Shoes**  
Stock Up For Back To School  
**40% OFF**  
Lowest Ticketed Price

**40% OFF** All **plus** Take An **EXTRA 10% OFF**  
Original Ticketed Price Beautiful Selection!

**Store Fixtures, Furniture and Equipment for Sale!**

ALL SALES FINAL. OPEN REGULAR STORE HOURS. WE ACCEPT MASTERCARD, VISA, AMERICAN EXPRESS, AND SEARS FINANCIAL™ CREDIT CARDS. WE ACCEPT SEARS GIFT CARDS AND SEARS CASH CARDS. ALL ITEMS AVAILABLE WHILE QUANTITIES LAST. THIS STORE IS EXCLUDED FROM CURRENT SEARS FLYER OFFERS. EXCLUDES COSMETICS, FRAGRANCES AND LICENSED DEPARTMENTS.



# Iranian earthquake death toll over 300

**Disaster.** More than 3,000 injured in twin earthquakes that struck northwestern Iran two days ago

Iran raised its earthquake death toll to 306 on Monday, a day after rescuers called off the search for survivors from the rubble of their homes in the country's northwest, state media reported.

Health Minister Marzieh Vahid Dastjerdi told a session of parliament that the number jumped by about 50 after victims expired in the hospital. More than 3,000 people were injured in the twin earthquakes that struck two days ago, she added in comments broadcast on state radio.

In one hamlet visited by AP Television News near the village of Bajeh Baj, 13 miles west of one of the epicentres, furniture peeked out from under piles of bricks and collapsed roof timbers while men sorted through debris, trying to salvage what little was left of their households.

Residents say the earthquake killed 35 people living in the simple dwellings surrounded by mountains. Dried



Two boys retrieve their belongings from the ruins of their house following Saturday's earthquake in northwestern Iran. ALI HAMED HAGHDoust/THE ASSOCIATED PRESS

## International response

Iran's Red Crescent Society said the country does not need any foreign aid.

- Spokesman Pouya Hajian told the ISNA news agency that the International federation of Red Cross and Red Crescent, UNICEF, Turkey, Taiwan, Singapore, Germany and many embassies in Tehran had offered help but that the Iranian Red Crescent is able to support the quake-stricken areas.

which cut some houses in two and left the wall of one standing only where it was propped up by a refrigerator.

The death toll included some 219 women and children, Dastjerdi said, adding that around 2,000 injured people had been released from hospitals soon after the quake since they had only minor injuries.

Dastjerdi said her ministry has deployed scores of ambulances and medics to the region but still needs helicopters to transfer seriously injured people quickly.

Authorities say old, heavy roofs without frames were largely responsible for the death toll in the rural areas.

THE ASSOCIATED PRESS

earth was left split wide open from the force of the shock,

## Patient safety

### Health Canada warns of hospital bed entrapment

Health Canada is warning hospitals and other health-care facilities about the risk of entrapment of patients in hospital bed rails after three people died and several were injured. In a notice to hospitals issued Monday, the health agency says 12 incidents have been reported of patients becoming trapped in hospital beds since 2009, including three deaths. THE CANADIAN PRESS

## Guatemalan lawsuit

### Research victims appeal decision

Guatemalans who had been subjected to sexually transmitted diseases by U.S. researchers in the 1940s have appealed a judge's dismissal of their lawsuit. A U.S. District judge dismissed the suit two months ago. He ruled that federal law bars claims against the U.S. based on injuries suffered abroad. The victims filed an appeal Monday with the U.S. Court of Appeals in Washington. THE ASSOCIATED PRESS



## A glimpse into the past

A historical picture of construction work on the Berlin Wall is seen in the background as a man looks through a slot in a segment of the wall at the Berlin Wall Memorial on Monday. Germany was marking the 51st anniversary of the day communist East Germany sealed itself off behind the wall. GERO BRELOER/THE ASSOCIATED PRESS



Let us show you how to make overseas calls from *your mobile phone!*

We'll beat all competitors rates **Guaranteed!**



Limited Time Offer

**30 Minutes FREE**  
Every Month



Unlimited Canada \$5 /Month

Unlimited calling to anywhere in Canada



India 1¢ /Minute

1000 Minute bundle only \$10/month

Australia 1.9¢/min	Bangladesh 3.9¢/min	Bosnia 10.9¢/min	China 1.9¢/min	Colombia 2.9¢/min	Cuba 89.9¢/min	Croatia 2.9¢/min	Germany 1.9¢/min	Guatemala 3.9¢/min
Iran 4.9¢/min	Israel 1.9¢/min	Italy 1.9¢/min	Sri Lanka 9.9¢/min	Lebanon 7.9¢/min	Mexico 1.9¢/min	Pakistan 3.9¢/min	Philippines 10.9¢/min	Kazakhstan 4.9¢/min
Poland 1.9¢/min	Romania 1.9¢/min	Russia 1.9¢/min	South Korea 1.9¢/min	U.A.E. 14.9¢/min	Ukraine 8.9¢/min	U.K. 1.9¢/min	Vietnam 3.9¢/min	United States 1.9¢/min



Download our Comwave Mobile App  
3 Days Free Trial

**613-216-6100**

[www.comwave.net](http://www.comwave.net)

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Lifetime Rate Guarantee is based on competitors lowest advertised rate for the services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their invoice billing criteria. Bundled minute plans cannot be shared by more than one line. Shared minutes from one month do not carry over to the next month. Excess minutes will be billed at our lowest rate guaranteed. Calls to Overseas Mobile Phones may be billed at a higher rate. Terms and conditions apply. See [www.comwave.ca](http://www.comwave.ca) for details.



## Market Minute

**DOLLAR**  
100.76¢  
(-0.15¢)**TSX**  
11,838.83 (-52.56)**OIL**  
\$92.73 US (-14¢)**GOLD**  
\$1,612.60 US (\$-10.20)**Natural gas:** \$2.73 (-4¢)  
**Dow Jones:** 13,169.43 (-38.52)

## Waterloo. RIM, Ontario government, universities to help laid-off workers

The Ontario government is teaming up with Research In Motion Ltd. to help laid-off workers in the city where the company, which is working through a restructuring that includes slashing jobs, is based.

Communitech, which lobbies on behalf of tech companies in the region, as well as the University of Waterloo and Wilfrid Laurier University, will also be involved in the plan to help laid-off workers.

The universities are adding spaces in entrepreneurship and business programs, to help workers develop skills to start their own businesses.

Communitech and Employment Ontario will help workers find new jobs in the

## Next generation

**5,000**

The troubled BlackBerry maker announced in June that it will be cutting 5,000 jobs worldwide and would not release its next generation of smartphones until next year.

sector in the region, sometimes referred to as "Silicon Valley North."

The province will also create a centre where laid-off workers can look for new jobs, get employment counselling or go back to school.

The announcement comes ahead of a Sept. 6 provincial byelection in the riding of Kitchener-Waterloo.

THE CANADIAN PRESS

# Tourism slumped during Olympics: U.K. trade body



Workers take down an Olympic flag near Buckingham Palace in London on Monday following the closing ceremony of the 2012 Summer Games.

ALASTAIR GRANT/THE ASSOCIATED PRESS

**Disappointing numbers.** 88 per cent of British tourism-oriented businesses reported losses versus last year

The Olympics brought less tourist money to recession-hit Britain than officials expected, a trade group said Monday, with a majority of tourist businesses reporting losses from last year.

A survey of more than 250 tour operators, hoteliers and visitor attractions found that tourist traffic fell all over Britain, not just London, said UKinbound, a leading trade

## Tame tourists

**"The people who came to the Games really didn't do very much sightseeing, didn't do very much shopping, didn't do very much eating out."**

Miles Quest, a spokesman for the British Hospitality Association

association representing British tour operators, shops and hotels.

The survey said 88 per cent of British tourism-oriented businesses reported some losses during the Games compared to the same period last year.

"As an industry we knew the Games would have a negative impact on international visitor numbers to London but the impact on the rest of the U.K., combined with domestic visitors staying away, has been deeply disappointing," said Rita Beckwith, chief executive of London's City Cruises, a member of UKinbound.

Officials are still tallying up the total number of tourists who came to — or avoided — London this summer.

The capital normally sees about 1.5 million tourists on average in August.

Tourism officials say that international Olympics visitors to London, including athletes, officials and tourists, totalled about 300,000. Domestic spectators from Britain made up the majority of people visiting Games venues.

THE ASSOCIATED PRESS

## Poll

### Canadians lacking emergency funds

A new poll for one of Canada's big banks says 45 per cent of those surveyed had no fund set up to deal with emergency expenses.

The poll of about 2,000 Canadians was conducted in March and April for CIBC by Harris/Decima. Ontario and Alberta residents were the least likely to say they had an emergency fund set up — 53 per cent of respondents in each province.

THE CANADIAN PRESS

## Canadian facilities

### Automakers must invest: Union

The big U.S. automakers need to invest in their Canadian facilities as a means of boosting job security, the Canadian Auto Workers union said Monday as it geared up for contract talks slated to begin this week.

Union president Ken Lewenza says boosting the technology at the automakers' facilities would increase productivity, improve profits and make workers' jobs more secure.

THE CANADIAN PRESS

## Canada's

## National Notary Public

## Company

**Notarization & Legalization**

Over 100 Locations Across Canada



Scan and Save



Mobile Notary

Certified True Copies

E-Document Certification

Notarization &amp; Commissioners of Oaths

Affidavits

Visa &amp; Passport Processing

RedSeal Notary.com

Fingerprinting

Background Checks

Land Title Searches

Authentication &amp; Legalization (Apostille)

Consent to Travel

1-888 922-7325

## Job losses. Google cutting 4,000 at Motorola Mobility

Google is cutting about 4,000 jobs at its Motorola Mobility cellphone business and will close or consolidate about one-third of its 90 locations.

The reductions represent about 20 per cent of Motorola Mobility's 20,000 employees, and seven per cent of Google's overall workforce. Two-thirds of the job cuts will take place outside the U.S., Google said.

The job eliminations come three months after Google bought the once-dominant U.S. cellphone maker for \$12.5 billion US, chiefly with a view to

using its large patent portfolio to bolster its legal defences.

The cellphone pioneer has been struggling for years. It hadn't produced a mass-market hit since it introduced the Razr cellphone in 2005 and its market share has plummeted.

Before the acquisition, Motorola had been trying to turn itself around by focusing on smartphones, and the cuts announced Monday will shift that goal even further. In the first quarter, Motorola sold 5.1 million smartphones and 3.7 million "dumb" phones.

THE ASSOCIATED PRESS

Prepare for your future

## Management Development Program for Women

Professional part-time program. Bursaries available.

For more information, please call 613-520-2650.

[www.sprott.carleton.ca/mdpw/](http://www.sprott.carleton.ca/mdpw/)

Centre for Research and Education on Women and Work





# WHEN YOU BECOME YOUR PARTNER'S PARENT



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

Every time I embark on a couple's getaway with my significant other, I am expected to be the keeper of our passports and all other important documents. I don't know why this happens,

but I do know that it's the cause of many departure-lounge arguments.

"It's easier because you have a purse," my boyfriend tells me. It's easier for him, is what he really means.

Part of me wants to insist he be more self-reliant and discourage his child-like dependence on me. The other part of me doesn't really care that much about something so trivial. I always wind up carrying everything in the end because, well, it is easier and I am also legitimately afraid that he would lose his passport.

It's a small thing to argue over, but it's indicative of a much bigger problem. In relationships, and I know I'm not alone in this, women often find themselves in an awkward position of feeling a bit more like a mother than a lover.

Sure, the desire to nurture and protect is instinctual and, to a certain degree, unavoidable. But it can be hard to know when to draw the line between being supportive and turning into a Pseudo-Mom.

In their new book *How Can I Be Your Lover When I'm Too Busy Being Your Mother?* therapist Sara Dimerman and bestselling author J.M. Kearns tackle the issues that

arise when a loving partnership turns into a parent-child relationship.

According to the authors, "a healthy couple functions as a team, with both pitching in. When that fails to happen, the nagging mother appears and both partners suffer."

When it comes to my own relationship, I have to wonder if I'm enabling my boyfriend's Peter Pan syndrome every time I tidy up after him or do his laundry or remind him about his upcoming doctor's appointment. I'm trying to be a caring and loving partner, but sometimes I catch myself nagging and shudder at the mom-isms that come out of my mouth.

Dimerman and Kearns suggest that sometimes "a man who actually wants to do more around the house is 'fended off' by his wife when she does things like criticizing his work, redoing his tasks and setting too-high standards."

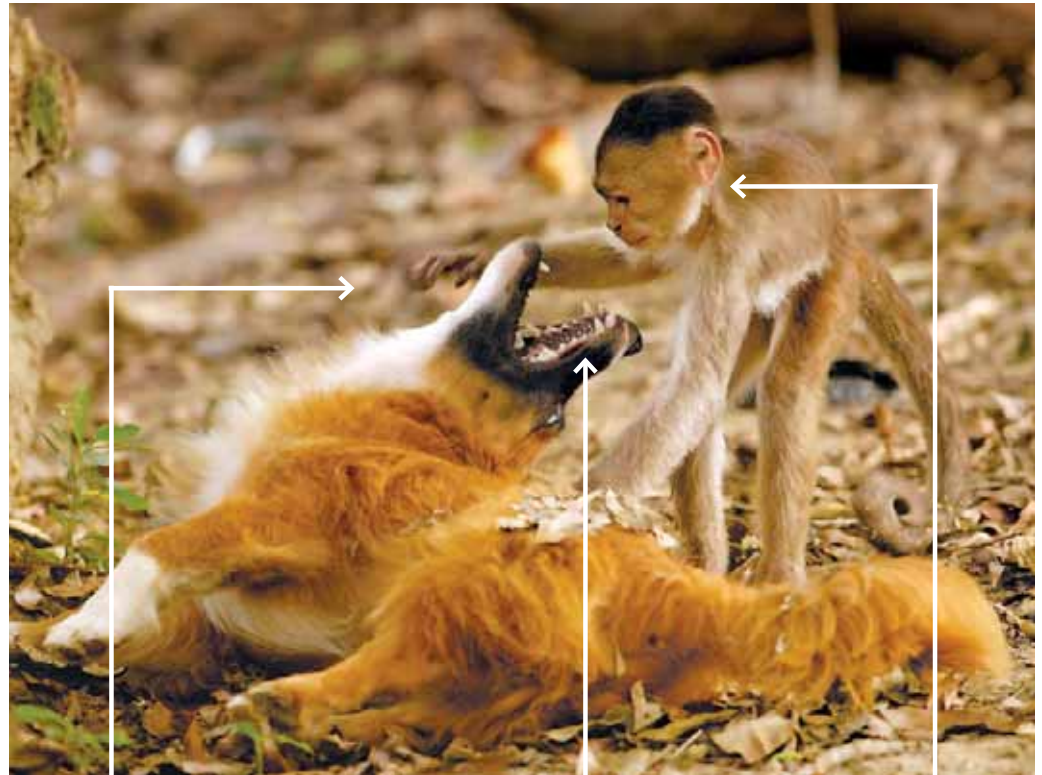
No matter who's at fault, spouses need to be equals. So when you're doing more than your fair share when it comes to domestic tasks and other responsibilities, you run the risk of losing respect for one another and jeopardizing your relationship.

Follow Jessica Napier on  
Twitter @MetroSheSays



DAN KITWOOD/GETTY IMAGES FILE

# My, what sharp teeth you have



PETE OXFORD/MINDEN PICTURES/SOLENT

## Wildlife greeting

### Tooth exam is monkey business

This cheeky monkey seems to play dentist as he peers down into the jaws of a dog who looks more than happy to be the patient. Photographer Pete Oxford captured the amusing scene at the coastal resort of Ecuador's Puerto Misahualli, which is renowned for its large population of the diminutive capuchins.

MWN

## Photographer's view



### "Showing off your teeth in such a manner is the best way of displaying mutual trust."

Pete Oxford, a wildlife photographer based in Ecuador. The British-born Oxford explained to Metro the playful behaviour of "showing off your best weaponry" — i.e., sharp teeth — signals mutual trust between the two creatures.

## Oxford on encounter

- **Primate primp.** "The monkey appeared to be grooming the dog; both were comfortable with each other and seemed to enjoy the interaction."
- **Not wild at heart.** "People have difficulty believing that these are indeed free, roaming wild monkeys."
- **Chums.** "These two seemed to be best of friends, allowing lots of liberties between them."



## Twitter

### @checkyonuts

RT @skating\_probs: Buying a pair of shoes to skate with, fall in love with them, but never skate in them because you don't want to rip them.

home this weekend for dirt pigs #reunion #shotsbeershots #cantwaittoseeeveryone :)

### @LukeAFBradley

The first step to the best education system in the world is a society that holds educators on high. Do we do enough of that in Canada?

@Dreamer19 @starnote13 I actually cant believe we're about to hear a brand new song already! feels like I was at her show just recently! :P

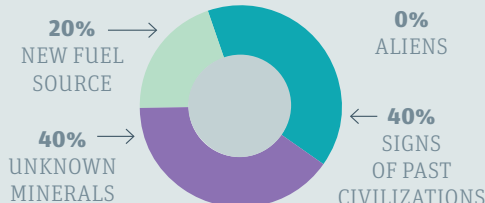
### @LindseyBorth

@KevinLoPro Every time I leave for vacation, it just so happens to also be shark week...



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

## What are you most hoping the Curiosity rover finds on Mars?



President Bill McDonald • Vice-President & Group Publisher, Metro Eastern Canada Greg Lutes • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Ottawa Sean McKibbin • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Vice-President, Sales Quin Millar • National Sales Director Peter Bartrem • General Manager Dara Mottahed • Sales Manager Ian Clark • Distribution Manager Bernie Horton • Vice-President, Business Ventures Tracy Day • Vice-President, Creative Jeff Smith • Vice-President, Marketing & Interactive Jodi Brown • Vice-President, Finance Phil Jameson • METRO OTTAWA • 130 Slater St., Suite 300 Ottawa, ON K1P 6E2 • Telephone: 613-236-5058 • Fax: 866-253-2024 • Toll free: 1-888-916-3876 • Advertising: 613-236-5058 • [adinfoottawa@metronews.ca](mailto:adinfoottawa@metronews.ca) • Distribution: [bernie.horton@metronews.ca](mailto:bernie.horton@metronews.ca) • News tips: [ottawa@metronews.ca](mailto:ottawa@metronews.ca) • Letters to the Editor: [ottawaletters@metronews.ca](mailto:ottawaletters@metronews.ca)



## DVD reviews



### The Raid: Redemption

Director: Gareth Evans

Stars: Iko Uwais, Ananda George, Ray Sahetapy

•••••

Here's the action arithmetic of *The Raid: Redemption*: one ruthless crime lord, 20 elite cops, 30 floors of hell. Combining a strong protagonist and story with traditional Indonesian martial arts (silat) moves, Welsh writer/director Gareth Evans creates an exhilarating experience that rightly won the Midnight Madness award at TIFF 2011. But this is brutal stuff, with a body count that is high even by genre standards. Iko Uwais is Rama, a rookie in a 20-member SWAT team charged with cleaning a highrise of Jakarta drug lord Tama (Ray Sahetapy) and his legion of thugs. The bad-dies have been flouting the law to an extent that requires a response — even in a city where cops habitually look the other way for fear and profit. Closed-circuit cameras, a weapons arsenal and a psychopathic enforcer called Mad Dog (Yayan Ruhian) are just some of the tools Tama has at his ruthless disposal.

PETER HOWELL

## On the web



Changes set for NBC's *The Voice* this season, including new 'knockout' punch and 'steal'



The Odd Life of Timothy Green opens on Wednesday. HANDOUT

# Great things sprout from mere dreams

**Growing whimsy.** The Odd Life of Timothy Green's director struggled to balance reality and fantasy in film

RICHARD CROUSE

scene@metronews.ca

The Odd Life of Timothy Green comes by its mix of whimsy and realism honestly.

It was born from a dream. Sort of.

"I'd been dreaming that I was directing something and it was going well," says director Peter Hedges. "I had sat

up in bed and told my wife I wanted to make one of those movies like *A Field of Dreams* or *It's a Wonderful Life*. She said, 'Great, go back to bed.' But I couldn't. 'What's the matter?' she said. 'I don't really come up with those kinds of ideas.'

That could have been the end of it, but as luck would have it he met with Ahmet Zappa, who had a loose idea about a childless couple who bury slips of paper with all the qualities they would like their child to have in the garden. After a heavy rain a young boy with five leaves on each ankle emerges.

Suddenly his whimsical dream was looking much more like reality.

"There was just a myriad

of possibilities," the director continues.

"I started telling stories from my own experience as a parent, as a child, as an adult. All that I'd learned in the 15 years I'd been a dad. The meeting got very emotional. I didn't really want to write off of anyone else's notion but this was too delicious. It felt like if I took on its magic and married it with my experience and my deep need to explore, in a new way, the issues of family and love and how we treat each other and how we navigate this broken world... if I could put all that together, maybe I could come close to making the kind of film that I was dreaming about."

Finding a balance between

realism and fantasy, however, was harder than he imagined. A table read of his initial script revealed some problems.

"About halfway through the reading fell apart," he says.

"Suddenly I found myself falling asleep and the room got very grim. What I realized was that while the ultimate journey was right, the middle of the movie was in deep trouble. I had more whimsy and less meaning."

A rewrite led to finding the right balance.

"With a film like this you take a bit of a leap," he says. "I think that is the enchanting part of cinema."

"That's why we go to the movies."



@CapPride  
facebook.com/CapitalPride  
www.capitalpride.ca

Parade • Info Fair • Beer Garden • Mainstage Entertainment

**Come Out and Play!**

August 17-26, 2012



OUTLOOKS





Vanessa Paradis ALL PHOTOS GETTY IMAGES

## Too personal, too public: Paradis struggles with prying questions

While Vanessa Paradis is out promoting her new movie, Cornouaille, she can't seem to dodge questions about her recent split from longtime partner Johnny Depp. "I don't want to talk about him. Who said that artists should sell their soul, expose everything about themselves?" Paradis asks in an interview with French Elle. "It's my duty to promote this movie and my albums, but you can imagine what it feels like to see people making a business out of your pain." She does offer some insight,

### Tough stuff

**"You can imagine what it feels like to see people making a business out of your pain."** Vanessa Paradis

though, into what makes relationships work — and not work: "I hate, for example, whenever you hear someone say, 'You have to work at being a couple.' No, you have to want to be there," she says.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

## He put a ring on it: Aniston's on her way down the aisle

THE WORD  
scene@metronews.ca

After more than a year of dating, Jennifer Aniston and Justin Theroux are engaged to be married, Theroux's rep confirms to People magazine.

"Justin Theroux had an amazing birthday on Friday, receiving an extraordinary gift when his girlfriend, Jennifer Aniston, accepted his proposal of marriage," his rep says.

Theroux, 41, and Aniston, 43, have known each other for years, but started dating more than a year ago after working on the comedy Wanderlust. Though that film disappeared quickly



from movie theatres after its release earlier this year, the relationship clearly proved to have more staying power.

The two moved in together and tabloids soon began predicting everything from marriage to babies for the new couple. This will be Theroux's first marriage. It's not clear if a wedding date for the couple had been set. Aniston's engagement comes four months after Pitt and Jolie announced their engagement.

WITH FILES FROM  
THE ASSOCIATED PRESS

## Perry wants ex to zip it about past, sources say

After one too many interviews in which Russell Brand ran his mouth about their failed 14-month marriage, Katy Perry has reportedly called in the lawyers to gag the British comedian, according to the Daily Star.

"Katy is fed up with Russell constantly making reference to their marriage in interviews," a source tells the newspaper. "While it's mainly harmless and often even complimentary,

she's sick to death of his comments being splashed all over the news and magazines." So the Fireworks singer is taking matters into her own hands, according to the source: "She called lawyers and told them to put a gagging order on Russ to prevent him from speaking (about) her in public again. Katy vowed never to reveal the ins and outs of their marriage breakdown or speak about Russell in any way."

### Twitter



@pattonoswalt

Jesus CHRIST. Just walked for 20 minutes at 10:30 pm in Miami and now I never want to stop showering. #muggy



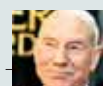
@EllenBarkin

There is a satellite dish outside my window that I'm really growing attached to. I don't think it's mine. I'll find comfort elsewhere



@SethMacFarlane

In the ninth ring of Hell, you have to watch other people eat cereal for all eternity.



@SirPatStew

My brain hurts.

# WE ARE CANADA'S BIGGEST STORE

Sign-up at [WWW.SHOP.CA](http://WWW.SHOP.CA) to **get \$10 Rewards** cash to spend on your first purchase of \$25 or more.

plus **FREE SHIPPING!**  
SOME CONDITIONS APPLY

**SHOP • CA™**  
SHOP & EARN, EVERY TIME!™

Got great products to sell? Contact [supplier@shop.ca](mailto:supplier@shop.ca) | SHOP.CA Sign-UP required to claim \$10 Reward and can only be used at [WWW.SHOP.CA](http://WWW.SHOP.CA)



A recent study shows that mold can cause asthma in babies. ISTOCK PHOTOS

## Babies exposed to mold more susceptible to asthma

**Factors.** Study shows that risk of developing breathing problems is higher for babies that come into contact with certain harmful fungi

### Quote

**"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home."**

Prof. Tiina Reponen  
University of Cincinnati

mold did.

"The main new finding is that we were able to show an association between mold exposure in infants and the development of asthma in children," says lead author and professor Tiina Reponen from the University of Cincinnati.

Cats reduced the risk of asthma.

Asthma is a chronic inflammation of the airways. It affects about 12.5 per cent of

Canadian children.

There were 289 babies in the study, all born healthy in Kentucky and Ohio. The scientists did home visits when infants were on average eight months old.

They assessed amounts of dust, mold (which is made up of fungi) and other allergens in the home. Then, the children received a clinical exam at age seven, and were tested for asthma.

Risk of asthma was 1.8 times greater in the children who were exposed to high amounts of mold.

"The main reasons for mold growth in buildings include wet basements, flooding, roof leaks, leaks from water pipes, and condensation of indoor moisture on cold surfaces," says Reponen.

Her advice?

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home. And even more critical if there is a parental history of asthma."

The study will be published in the *Journal of Allergy and Clinical Immunology*.

### Best Health

## Hop on the benefits of cycling



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

If your bike is sitting in your garage collecting dust, it might be time for a gentle refresher on why two-wheeling for fitness is so great for you. In the current issue of *Best Health* magazine, Matthew Kadey explores some major life benefits of cycling.

### 1. You'll be trim

Cycling is a great calorie burner: A 130 pound woman cycling at a moderate pace for 30 minutes will torch around 240 calories. And according to a study in the *American Journal of Public Health*, adults involved in active travel are less likely to be overweight.

### 2. It's cheap and eco-friendly

Save on gas while saving the environment. Map out a two-kilometre radius from your home in which you can do bike errands. Start by wheeling to your pharmacy or grocery store once a week, and then expand your radius for an extra challenge.

### 3. You'll tame stress

A 2011 Swedish study found that people who drive to work are more stressed and are in worse health than those who bike to work. Join a cycle club if you need the extra motivation to get your endorphins pumping.

For more news on how to stay properly hydrated and get the right nutrients to keep you going strong in the saddle, check out *Best Health*, on newsstands now.

**TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS**

### On the Web



Kids pick nutritional Happy Meal when no toy offered with less healthy option: study

CELIA MILNE  
life@metronews.ca

Keep your baby safe from mold.

Researchers in Cincinnati recently completed a study in which they looked for triggers of childhood asthma. They found that while air conditioning, dehumidifiers, carpeting, smoke and dogs did not increase asthma rates,

## Give your Legs a Facelift!

### VARICOSE VEINS

Painful veins on your legs? Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

### SPIDER VEINS

Spider veins on your legs or face? Get rid of them with simple injections.



**Dr. Lucie Beaupré**  
American Board of  
Phlebology Certified

OTTAWA  
1335 Carling Avenue  
Suite 600  
(613) 722-0101

GATINEAU  
500 Boulevard de L'Hôpital  
Suite 102  
(819) 561-0561



**DR. BEAUPRÉ**  
VEIN/VARICES  
CLINIQUE

[www.drbeaupreveinclinic.com](http://www.drbeaupreveinclinic.com)





Public pools help with summer swelter, but infections could be lurking. MICHELLE SIU/THE CANADIAN PRESS

# Swimmers should beware of bacteria

**Public pools.** Take the proper precautions and keep things sanitized when looking to cool off with the kids for remainder of summer

While many Canadians have turned to public pools this summer to seek relief from sweltering temperatures, experts say steps can be taken to prevent pool-related maladies like athlete's foot and plantar warts, as well as gastrointestinal infections that spread through exposure to bacteria.

Responsibility for disease prevention, they say, lies

## Hot tubs

Those who are using hot tubs should be aware too.

- **Signs.** Those using hot tubs should keep their eyes peeled for greasy-looking bubbles on top of the water, a sure sign of unsanitary conditions.

both with those who maintain pools as well as swimmers themselves.

Shelley Beaudet, a senior environmental health officer with Vancouver Coastal Health, says two of the biggest pool-related ailments are

infection by cryptosporidium and pseudomonas.

Cryptosporidium is spread when those with gastrointestinal problems like diarrhea use a pool. Pseudomonas, meanwhile, is a germ commonly found in water or soil, and can cause a rash for those who swim in infected water.

Both cryptosporidium and pseudomonas are resistant to chlorine.

Beaudet says those with gastrointestinal problems should simply stay out of the pool.

And pseudomonas can best be avoided by making sure the area surrounding the pool is kept sanitized.

THE CANADIAN PRESS



**CENTRE DENTAIRE  
RIDEAU  
DENTAL CENTRE**

Aesthetic, Implant  
& Family Dentistry  
Since 1983



**STRESS FREE AND  
CARING DENTISTRY  
NOW ACCEPTING  
NEW PATIENTS**

613-230-7475 • 2nd Level • Rideau Centre  
Check out our weekly blog at  
[www.rideaudental.ca](http://www.rideaudental.ca)  
THIS WEEK: Time to Get Your Sports Guards is Now!



## Be Hands-on with Massage Therapy

Change your life with  
career training as a  
massage therapist.



**Everest COLLEGE**  
BUSINESS • TECHNOLOGY • HEALTH CARE

Call Now for More Information!  
**1-866-643-6317**  
[www.TrainAtEverest.ca](http://www.TrainAtEverest.ca)

Ottawa East

16 CONVENIENT LOCATIONS IN ONTARIO

EVEREST COLLEGE IS THE LARGEST PRIVATE CAREER COLLEGE IN ONTARIO  
WITH MORE THAN 9,000 ENROLLMENTS IN ONTARIO ANNUALLY

Financial assistance may be available for those who qualify. Career services assistance available to graduates. Morning and afternoon classes available. Evening classes vary by campus. Programs and schedules vary by campus.

**PART-TIME CONSULTANT...**

**FULL-TIME ONLINE PERFORMANCE COACHING STUDENT**



Performance Coaching – Graduate Certificate  
Now available part-time online and full-time online

**LEARNING IS A LIFESTYLE. EDUCATION THAT FITS.**

Algonquin College's Centre for Continuing and Online Learning  
offers hundreds of programs and courses in a multitude of fields.

Choose how you want to study:

- Take a course
- Start a part-time online program
- Commit to a full-time online program

**FALL CLASSES START SOON. SELECT YOUR PROGRAM TODAY.**

[GOAlgonquin.com/FTOL](http://GOAlgonquin.com/FTOL)

**ALGONQUIN**  
COLLEGE



# Upgrade your picnic with Black Olive Tahini Spread



**ROSE REISMAN**  
for more, visit  
rosereisman.com

This spread is similar to a hummus dip, but it adds black olives. Tahini is sesame seed paste found in the ethnic section of your supermarket.

It is great for dipping veggies and crackers during those lazy summer picnics.

## Ingredients

Start to finish: 5 minutes

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini
- 3 tbsp water
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 1/3 cup finely diced black olives
- 2 tbsp chopped fresh basil or parsley



This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

1. Combine the chickpeas, tahini, water, olive oil, lemon juice, garlic and chili sauce in the bowl of a

food processor. Purée until smooth.

2. Stir in the olives and gar-

nish with basil or parsley.  
**ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

## Health Solutions

### Best bets in booze



**NUTRI-BITES**  
Theresa Albert, DHN, RNCP  
myfriendinfood.com

What's a party (or an afternoon on the porch for that matter) without a couple of drinks?

Hey, some studies even show that there are heart protective benefits!

As usual, though, there's a catch: Women should limit themselves to one drink per day, men can have 2. (Note: If, and only if, you can afford the calories without gaining weight.)

That means that you must pay getting



attention to all of the nutrients and calories your body needs from food before adding the empty ones of booze. So how many empty calories in your best

bevvie? And how are you going to work it off?

For each drink of the following you have, you will need to walk very briskly (so you are out of breath the whole time) for:

• **1 light beer (12 oz) = 110 calories or 24 minutes**

• **1 vodka/soda (1.5 oz shot) = 125 calories or 28 minutes**

• **1 glass of wine (5 oz) = 125 calories or 28 minutes**

• **1 beer (12 oz) = 146 calories or 32 minutes**

• **1 bloody caesar (1.5 oz shot + 5 oz clamato) = 156 calories or 35 minutes**

• **1 vodka or gin/tonic (1.5 oz shot + 5 oz tonic) = 175 calories or 39 minutes**

Life is nothing more (or less) than a series of tradeoffs. You get to decide which more and what less every day. It's easy when you have all of the information.

**THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

## Advice

### Pregnant smoker, so what do I do?



**CHARLES THE BUTLER**  
askcharlesthebutler@metronews.ca  
For more, visit charlesmacpherson.com

**Hello Charles, Recently, I was on the subway in Toronto and I observed a pregnant woman smoking. Yes, smoking. I wanted to pull that cigarette out of her hand, but also didn't want to create a scene. What should I have done? Brian**

Dear Brian, Wow! What seems like such a simple and obvious answer sure leaves us with some difficult questions.

First, I think it's common knowledge that smoking while pregnant is both dangerous to the unborn baby's health as much as it is to the mother.

Back to how to deal with the situation? I would observe the mother; are you sure she is pregnant and not just overweight? If I felt it was safe to approach her and she was in fact pregnant, I might just quietly go up to the smoking mother and



say something like, "I'm very sorry to bother you, I see you are pregnant, Congratulations. If I may just say, are you aware of the dangers of smoking while being pregnant?"

And then, based on her answer, I would either continue the conversation or, if she clearly does not want to discuss it with you I would wish her all the best, and walk away. The one thing I know I would not do is create a scene, which never solves the problem.

Now that you have read my thoughts, I really want to hear back from you. I ask my fellow Canadians, what would you do and or say in this situation? I will publish some of the best answers and approaches in a future column.

Lets hope we never experience this.

## More in common.

Being of the same generation often means more shared experiences, goals and expectations



**SARA DIMERMAN**  
life@metronews.ca

There's no exact science as to the number of years required between partners to ensure the success of a relationship. However, it appears that most prefer a two to five-year gap, with the man (in a heterosexual relationship) being older. If a woman dates a much younger man, she's often referred to as a cougar. Some might even say that her guy has a mommy complex.

So, why do the majority stay within the three-years-apart zone? Well, it stands to reason that if you're born only a few years apart, that you might have more in common. You'd both recognize the same pop icons, remem-

ber the theme songs to the same movies, be able to play "geography" if you both grew up in the same neighbourhood and hung out with the same people.

Being only a few years apart also means that if you plan on having children together, that you are more likely to share the same or similar level of energy. Let's face it, if your spouse is 12 years older than you, he may not be as playful or as energetic as you — and that applies to times when you're with the kids or frolicking without them.

And what about a shared lifestyle? If you marry a man 10 years your senior just because you want someone whose more grounded, established and financially successful, you may bore of his work hours when you're still wanting to travel the world barefoot and fancy-free. And what about building a life together? There's something to be said for growing together, setting mutual goals and reaching for them as a couple. There is something to be said for standing at the start line together as opposed to joining him half way through to the finish line.



Age gaps in relationships can cause unforeseen problems. ISTOCK

A girl of 17, for example, who decides to settle down with a 25-year-old man may not know it at the time, but by the time she's 25 and he's 33, she's likely matured, grown, even changed significantly more than her mate — potentially creating a disconnection between them.

It's obvious that my experience as a couples' therapist hasn't led me to be convinced that a significant age gap between partners is a step in the right direction. This is not to say that it can't work, just that it may not be the best predictor of success or compatibility.



**Car-sharing programs**

## Living carless and carefree



**FUN AND FRUGAL**  
Leslie Scorgie  
money@metronews.ca

I've been living in the inner city for six weeks and have used my car a grand total of 11 times; three of which weren't entirely necessary — I was running late for meetings.

Prior to moving downtown from suburbia, I'd tossed around the expensive idea of replacing my seven-year-old Volkswagon with a one-year-old hybrid. But now that I can walk to work, appointments, the grocery store and friends houses, I'm considering the exact opposite — a vehicle-free lifestyle.

The economic case for going carless is strong — no more car payments, maintenance bills, insurance fees, traffic jams, depreciation and parking expenses.

From an environmental perspective, less fuel is burned, and fewer automotive parts are manufactured and ultimately scrapped.

But, what happens when the carless person needs a vehicle?

I had such an experience in July while I was enjoying a few days in Vancouver. I'd flown into town and taken the Canada Line into Yale Town. On day two, when it was pouring rain outside, I needed a car to run errands. Car2Go was my solution.

Car2Go is a community car-sharing program located in major cities throughout Europe and North America. Car2Go's Smart Cars are parked throughout

a city and can be rented for as little time as a few minutes, for approximately \$0.35 per minute or \$13 per hour, up to a few days, for approximately \$65 per day.

Once a member, if you see a Car2Go on the street or locate one online, you can grab it. No reservation required. There is a small one-time sign-up fee and the per minute, hour or day utilization fee includes fuel, parking, mileage, insurance, maintenance, GPS, cleaning, 24/7 customer support and roadside assistance.

In my case, paying \$0.35 per minute works out to nearly the same cost, if not less, as driving my personal vehicle when I take into account the total cost of car ownership.

ZipCar is another car-sharing service that allows you to borrow different models of vehicles for varying rates that are competitive with Car2Go.

So, if you need a truck to move furniture, ZipCar has larger vehicle models in its fleet. ZipCar's cars have to be returned to the same parking stall meanwhile Car2Go vehicles can be dropped off in most designated zones (as determined by Car2Go).

Modo is another option that allows a specific community of people to use one vehicle within a coop. Under this model you buy into a share of the vehicle for a one-time refundable fee; typically \$500 per person plus pay a usage rate.

With car-sharing options now available in most major cities in Canada, going carless is easy. To see how you can save money, compare the programs in your community to the costs, and hassles, of owning your set of wheels.

**More Fun and Frugal**

Follow Leslie on Twitter  
@LesleyScorgie



# Four ways to head off higher grocery costs

## Alison's Money Rule. Fight food inflation with leftovers, planning, coupons and bulk buying



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Bad news! You're about to about to spend up to \$2,000 more between now and the end of 2013. Initial projections have food costs rising 5.5 to 7.5 per cent, thanks to the North American-wide drought.

According to the Alberta provincial Ministry of Agriculture and Rural Development, a family of four averages \$800 monthly in basic grocery spending.

The increase will add from \$704 to \$960 to the grocery budget over the next 16 months.

This amount doesn't include extras like condiments nor does it account for takeout or restaurant meals.

Add those in and families will be paying at least \$125 more monthly.

Don't despair. Here are 4 ways to laugh at food inflation.

### 1 Utilize leftovers

Let your fridge dictate what the meal will be. For instance, if you have half a pork roast and assorted veggies, stir fry the lot, cook up a pot of rice as a side dish and spice to taste.

Nutritious, tasty and fast! Keep track with a leftover log on the side of the fridge.



Drought in North America is causing grocery costs to rise. ISTOCK IMAGES

### 2 Plan

Plan meals in advance to avoid last minute grabs or takeout, which are expensive and often unhealthy. A menu plan makes it easier to shop for an entire period and integrate leftovers into the menu.

### 3 Clip

If you forget to clip or print coupons from the web, check customer service in the store.

Clipping or surfing for coupons is also a great way

to involve young kids in shopping. Canadianfree-tuff.com does a lot of the work for you with lists of printable and mailed coupons.

### 4 Buy in bulk

Expect savings of 15 to 30 per cent on bulk shopping for items like chicken, hamburger and cheese.

Then bulk up your cooking by intentionally creating leftovers for dinner and brown bag lunches. How-

ever, carefully check your prices, 14 per cent of bulk purchases surveyed by the U.S. Department of Agriculture (USDA) actually cost more.

No room to store? Try splitting purchases with a friend.

### Best of bulk

Meat, canned goods and store brands offer the best bulk savings (USDA).

Save big on furniture  
so your kid can afford to party.  
Um, we mean, to study.

Go back to school with IKEA.

Visit **IKEA.ca** for store locations and hours. Or to shop from home, visit our website or call **1-866-866-IKEA**



# Union to present league with alternative: Fehr

**NHL.** Negotiations about to pick up pace a month after NHLPA received initial offer

The NHL Players' Association is dreaming big.

Faced with an initial proposal in collective bargaining that held absolutely no appeal, NHLPA executive director Donald Fehr is proceeding as though it never happened.

Rather than quibbling over the fine points of the NHL's offer, the union has chosen to re-imagine the league's economic system in a proposal it will deliver on Tuesday.

"What we expect to do tomorrow is to put forth an alternative view as to what we should do next," Fehr said Monday. "That's the best way I can put it."

It's a bold move with a Sept. 15 deadline looming for a lock-out. The initial offer from the NHL called for a lowering of

the players' share in revenue and introduced new contract restrictions, among other things. There wasn't one aspect of it that appealed to the union, with one source saying the NHLPA felt it was designed to "anger and provoke" rather than kick-start meaningful discussions.

Despite that, the union thoroughly examined it over the last month before deciding there was no true counter-proposal to be made. Fehr will instead offer up a "different kind

of an approach" — one that no doubt includes expanded revenue sharing and more flexibility than is currently allowed under the league's rigid salary cap system.

Negotiations are about to pick up pace. Despite the fact the sides have been talking throughout the summer, they finally seem ready to get down to work.

"All things in this world at this stage of this negotiation are possible," said Fehr.

THE ASSOCIATED PRESS



Donald Fehr

CHRIS YOUNG/THE CANADIAN PRESS



## Kvitova rallies for Rogers Cup title

Petra Kvitová reacts following a point during the final of the Rogers Cup against Li Na on Monday in Montreal. Kvitová held on for the victory, 7-5, 2-6, 6-3. PAUL CHIASSON/THE CANADIAN PRESS

Mobile sports



The Baltimore Orioles have defied logic this season in a manner that transcends their unlikely stature as a playoff contender. Baltimore has been outscored by 49 runs, yet trail the AL East-leading New York Yankees by only 5 1/2 games and are in second place in the wild-card race. How have they done it? Scan the code for the story.

## NHL. Giguere signs on for one more year in Colorado

The Colorado Avalanche have signed goalie Jean-Sebastien Giguere to a one-year contract extension.

The deal announced by the Avalanche on Monday will keep Giguere with the team through the 2013-14 season.

The 35-year-old Montreal native appeared in 32 games last season, his first with the Avalanche. He had the lowest goals-against average, 2.27, of any Colorado goaltender since David Aebischer in the 2003-04 season.

THE ASSOCIATED PRESS



Jean-Sebastien Giguere

GETTY IMAGES FILE

MLB

## Bronx Bombers add veteran Lowe to bullpen

The Yankees signed Derek Lowe to a major-league contract on Monday and said they planned to use the right-hander in the bullpen.

Lowe, 39, has spent time as a reliever, but mostly has pitched in the rotation for various teams, most recently the Indians. Cleveland designated him for assignment on Aug. 2 and released him on Friday.

THE ASSOCIATED PRESS

## PGA. Westwood cuts ties with coach and caddie

Lee Westwood's manager says the English golfer has split from coach Pete Cowen and temporary caddie Mike Waite after his disappointing performance at the PGA Championship.

Cowen works with several top golfers, including Darren Clarke, Graeme McDowell and Louis Oosthuizen, but the 39-year-old Westwood believes a fresh approach could improve his chances of finally winning a major.

His regular caddie, Billy Foster, injured his knee in May and won't return until

Quoted

"Lee admits he needed to shake things up."

Andrew Chandler, Lee Westwood's manager, on the golfer's split from his coach and temporary caddie

next year. Mike Kerr, who is normally on the bag for Alvaro Quiros, will take over for two months.

Westwood missed the cut at the PGA Championship, where Rory McIlroy won by eight shots. THE ASSOCIATED PRESS



# Canada's homecoming queens



Olympic gold medalist Rosie MacLennan, from King City, Ont., signs autographs at Pearson International Airport in Toronto on Monday.

J.P. MOCZULSKI/THE CANADIAN PRESS

## Warm welcome.

Gold medalist MacLennan among several athletes to return home from London

Canada's Olympians were greeted by cheering fans and throngs of media as they touched down on home soil Monday.

A large crowd of young and old alike serenaded soccer star Christine Sinclair as she arrived in Vancouver a day after carrying Canada's flag in the London Games closing ceremony.

Across the country, Sinclair's teammate Diana Matheson, who scored the dramatic winning goal in Canada's bronze-medal victory over France, also received a hero's welcome when she arrived at Toronto's Pearson airport.

"I think right now we're going home to sleep for a week," said Matheson.

Canada's only gold medalist was also greeted by adoring fans in Toronto.

Trampolinist Rosie MacLennan, proudly wearing her medal around her neck, said her Olympic success has brought a lot of attention to her sport.

"Now everybody knows my name," said the 23-year-old MacLennan, who has seen her Twitter followers explode from 900 to more than 14,000 after the big win.

The women's soccer bronze was one of the biggest Canadian stories of the London Games after the team lost to

## Quoted



"I'm not retiring. I don't think any of us are retiring."

Canadian women's soccer captain Christine Sinclair

the United States in a semi-final marred by controversial officiating.

Sinclair said the bronze medal reaffirms her desire to go for gold again at the 2016 Summer Games in Rio de Janeiro.

In the months leading up to the Games, the 29-year-old, Burnaby, B.C., native said she would keep playing until at least the 2015 Women's World

Cup, which Canada is hosting, and likely stay on for another year for the Rio Games.

But there was no doubt about her future Monday as she spoke to reporters, signed autographs and posed for pictures for hundreds of fans.

Sinclair helped Canada claim its first-ever Olympic medal in soccer as she led all scorers at the Games with six goals. It was also Canada's first

medal in a traditional team sport at a Summer Games since 1936.

Sinclair's teammate Sophie Schmidt said the adulation showered on Canada's captain was well-deserved.

"She's meant so much to this team, and been the heart and soul of the team for so long," said Schmidt. "Now, finally, she has that medal. That kind of gives her that hero status. It's amazing."

THE CANADIAN PRESS



Visit [metronews.ca/olympics](http://metronews.ca/olympics) to view a slideshow of Canada's returning athletes and more post-Olympic coverage.



Women's soccer hero Diana Matheson, from Mississauga, Ont., shows off her bronze medal upon her arrival in Toronto on Monday. J.P. MOCZULSKI/THE CANADIAN PRESS

## Medal wins don't always mean athletes strike it rich back home

Many of Canada's Olympic medalists are already returning home to a hero's welcome across the nation.

But once the dust settles, it's unlikely they'll be cashing in on their Summer Games successes.

"Canadians really love the Olympics more than they realize," said Cary Kaplan, president of Cosmos Sports, a sports marketing company in Mississauga, Ont.

"It's bonding. It's huge. But when it's over, (the excitement) doesn't carry over. It tends to drop off a cliff."

A lack of public interest in amateur sports that are so

revered during the Olympics — like diving, kayaking and gymnastics — has historically resulted in corporate Canada passing over Olympians, even ones with gold medals hanging from their necks.

"The problem is sponsors don't sponsor athletes out of the goodness of their hearts, although it would be nice if that was the case," said Kaplan, whose past clients include Golf Canada and a handful of National Hockey League teams.

"The vast majority do it for specific return on investment and economic benefit. Unless an athlete or sport transcends or goes well beyond the Olym-

pics, it's difficult."

Canadian soccer star Christine Sinclair said although she's been lucky so far at winning corporate sponsorships, many of her peers have not experienced the same success.

"For me personally, these Olympics, I feel like I've been a fortunate one in terms of sponsorships and things like that,"

she said Sunday after being named Canada's flag-bearer for the closing ceremony in London. "But it needs to happen for more, like my teammates. Obviously I know the soccer side of things. I think they deserve more. They're some of the best players in the world and aren't seen as such."

THE CANADIAN PRESS



## Van Koeverden lands in T.O.

Adam van Koeverden talks to members of the media upon his arrival at Pearson International Airport in Toronto on Monday. The silver-medal-winning kayaker said he is still pondering his Olympic future. "I'm looking forward," said the Burlington, Ont., native. "I don't know that I'm done."

DARRYL DYCK/THE CANADIAN PRESS

## Quoted

"You hear all the time, even during these Games, that talent and perseverance is an important part of the equation, but so are resources."

Brock University sports-management Prof. Cheri Bradish



For Canadian athletes, the reality is that there just aren't many multimillion-dollar endorsement deals to be had at home. DAN KITWOOD/GETTY IMAGES



## London, Ont. 'No regrets at all' for Janine Hanson

Janine Hanson simply could not stop smiling.

As the silver-medal-winning rower in Canada's women's eight boat arrived back home in London, Ont., on Monday, she was met by about a dozen supporters who gathered to greet the two-time Olympian after she stepped off a 4:11 p.m. connection flight from Toronto's Pearson airport.

"It's nice to be able to share the medal with people, just to come home and see friends and family," Hanson said, beaming.

Among the well-wishers was the Dew family of London. "She's a part of our family," Carla Dew said proudly, offering a welcome-home gift of homemade bread and jam.

After a short embrace with family, Hanson flashed a big smile at Carla's son, Mitchel. The two, though 18 years apart, are good buddies. They met six years ago through Autism



Janine Hanson of Canada's women's eight rowing team shows off her silver medal at Pearson airport in Toronto. TORSTAR NEWS SERVICE

London, and Hanson remains a strong influence on Mitchel, who lives with the disorder. She has taught him how to swim and taken him on day trips.

But Hanson's homecoming had a tinge of bittersweetness because she knows the current women's eight roster won't be intact for much longer. Five of its nine members are 30 or older. Hanson and Ashley Brzozowicz will be passing the torch to a pair of 23-year-olds, Natalie Mastracci and Lauren Wilkinson.

Calling the big race a "good fight," she says placing second to the powerhouse Americans was a huge victory for the squad. With her boyfriend, family friends and Mitchel huddled around her, she summed up the crew's performance: "No regrets at all."

JOHN MATISZ/METRO IN LONDON

### Hometown gang

- Decathlete Damian Warner arrived in London at 8:24 p.m. Asked about his key to success at the Games, Warner, 23, said: "Just go out there and have fun. If I do, the results will come."
- Lesley Thompson-Willie, now a four-time Olympic medalist in rowing, was scheduled to arrive at 11:57 p.m.



## Bringing home the goods

Olympic bronze medalist Mark de Jonge, from Halifax, poses with his medal as he arrives back in Canada at Pearson airport in Toronto on Monday. J.P. MOCZULSKI/THE CANADIAN PRESS



Olympian Custio Clayton is reunited with his girlfriend, Charis Diggs, and his son, Kyreece, as he returns from the London Olympics to a hero's welcome at Halifax Stanfield International Airport. JEFF HARPER/METRO IN HALIFAX

# Boxer Custio Clayton floored by reception

**Halifax.** Athlete is among five Olympians returning to Nova Scotia after impressive showings at the Summer Games

ANDREW CALEY

ottawa@metronews.ca

The moment the doors opened at Halifax Stanfield International Airport and revealed boxer Custio Clayton, the crowd erupted.

Clayton, from North Preston, N.S., had a huge smile as his son was passed to him through the crowd and his friends and family presented

him with a medal.

"This is crazy. I mean, to come through here and see all these people here, it doesn't get much better than that," Clayton said.

A collection of a few hundred family members, friends and fans waited at the airport to greet their Olympic heroes Monday afternoon.

Along with Clayton, Nova Scotia's Ellie Black, Geoff Harris, Jenna Martin and Danielle Dube returned home after an impressive showing at the Summer Games in London.

Clayton lost a controversial decision on a count back to Great Britain's Freddie Evans in the quarter-finals. A win would have guaranteed him at least a bronze medal. But Clayton took the deci-

### Just the beginning?

Ellie Black, Custio Clayton and Geoff Harris all confirmed that after some rest, they will set their sights on the Rio 2016 Olympics.

sion in stride and is looking forward to getting a chance to sit back and rest before getting back to the gym.

"To see all these people behind me even though I didn't win a medal... But deep down they believe in me and believe I won the medal and I believe I won the medal and that's what's important."

Black, the 16-year-old gymnast from Halifax, came through the airport gates to

chants of "Ellie! Ellie! Ellie!" "It's amazing," she said with tears in her eyes. "It is the best experience ever. Everyone's here."

Black's strong performance, particularly in vault, helped propel Team Canada to its first-ever team final in the Olympics and a Canadian-best fifth-place finish.

Black said being in London was a great experience and that she will use what she learned there to help propel herself toward the 2016 Summer Games in Rio de Janeiro.

But for now, she just wants to get home and see those who didn't make the trip to the airport.

"I can't wait to get home and see my dog," she said with a laugh.

## 7.5 M watch closing ceremonies

### Tough to compare

While the Canadian ratings for London outpaced the Beijing Games four years ago, it's difficult to compare the two because a new ratings-measurement system was introduced in 2009 that has seen sports TV ratings skyrocket.

Aug. 5 race.

The controversial women's soccer semifinal between Can-

ada and the U.S. was second with an average of 3.1 million tuning in.

Canada's Olympic broadcast consortium said 31.9 million viewers tuned in to TV coverage between July 27 and Aug. 12. That's up from the 24 million who watched the 2008 Beijing Olympics on CBC.

The broadcast consortium said 3.4 million hours of content was viewed at CTVolympics.ca and RDSolympiques.ca, while more than 1.1 million mobile apps were downloaded.

THE CANADIAN PRESS



A performer during the closing ceremony of the London Olympics on Sunday. GETTY IMAGES FILE



MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	67	47	.588	—
Tampa Bay	62	52	.544	5
Baltimore	62	53	.539	5½
Boston	57	59	.491	11
Toronto	54	60	.474	13
CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	62	51	.549	—
Detroit	61	54	.530	2
Cleveland	53	62	.461	10
Kansas City	49	65	.430	13½
Minnesota	49	65	.430	13½
WEST DIVISION				
	W	L	Pct	GB
Texas	67	46	.593	—
Oakland	61	53	.535	6½
Los Angeles	60	55	.522	8
Seattle	53	63	.457	15½

Monday's results

Texas at N.Y. Yankees

Chicago White Sox at Toronto

Detroit at Minnesota

Cleveland at L.A. Angels

Tampa Bay at Seattle

Sunday's results

Boston 14, Cleveland 1

Toronto 10, N.Y. Yankees 7

Baltimore 5, Kansas City 3

Chicago White Sox 7, Oakland 3

Tampa Bay 7, Minnesota 3, 10 innings

Texas 8, Detroit 3

Seattle 4, L.A. Angels 1

Tuesday's games

All times Eastern

Boston (Beckett 5-9) at Baltimore (W.Chen 10-7), 7:05 p.m.

Texas (M.Harrison 13-6) at N.Y. Yankees (Kuroda 10-8), 7:05 p.m.

Chicago White Sox (Quintana 4-2) at Toronto (H.Alvarez 7-9), 7:07 p.m.

Detroit (Fister 6-7) at Minnesota (Duensing 2-7), 8:10 p.m.

Oakland (J.Parker 7-6) at Kansas City (Guthrie 1-3), 8:10 p.m.

Cleveland (Jimenez 9-11) at L.A. Angels (Greinke 0-1), 10:05 p.m.

Tampa Bay (M.Moore 9-7) at Seattle (Millwood 4-10), 10:10 p.m.

Wednesday's games

Detroit at Minnesota, 1:10 p.m.

Tampa Bay at Seattle, 3:40 p.m.

Boston at Baltimore, 7:05 p.m.

Texas at N.Y. Yankees, 7:05 p.m.

Chicago White Sox at Toronto, 7:07 p.m.

Oakland at Kansas City, 8:10 p.m.

Cleveland at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	71	44	.617	—
Atlanta	66	48	.579	4½
New York	55	60	.478	16
Philadelphia	52	62	.456	18½
Miami	52	63	.452	19
CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	69	46	.600	—
Pittsburgh	64	50	.561	4½
St. Louis	62	53	.539	7
Milwaukee	52	61	.460	16
Chicago	44	69	.389	24
Houston	38	78	.328	31½
WEST DIVISION				
	W	L	Pct	GB
San Francisco	63	52	.548	—
Los Angeles	62	53	.539	1
Arizona	58	57	.504	5
San Diego	51	65	.440	12½
Colorado	41	71	.366	20½

Monday's results

L.A. Dodgers at Pittsburgh

Philadelphia at Miami

San Diego at Atlanta

Houston at Chicago Cubs

Milwaukee at Colorado

Washington at San Francisco

Sunday's results

L.A. Dodgers 5, Miami 0

Pittsburgh 11, San Diego 5

Philadelphia 8, St. Louis 7, 11 innings

Milwaukee 5, Houston 3

Cincinnati 3, Chicago Cubs 0

San Francisco 9, Colorado 6

Arizona 7, Washington 4

N.Y. Mets 6, Atlanta 5

Tuesday's games

All times Eastern

L.A. Dodgers (Billingsley 8-9) at Pittsburgh (Correia 9-6), 7:05 p.m.

N.Y. Mets (C.Young 3-6) at Cincinnati (Latos 10-3), 7:10 p.m.

Philadelphia (K.Kendrick 4-9) at Miami (Jo.Johnson 7-8), 7:10 p.m.

San Diego (Richard 9-11) at Atlanta (T.Hudson 11-4), 7:10 p.m.

Houston (Harrell 9-8) at Chicago Cubs (Volstad 0-8), 8:05 p.m.

Arizona (I.Kennedy 10-9) at St. Louis (J.Kelly 2-5), 8:15 p.m.

Milwaukee (Wolf 3-8) at Colorado (Chatwood 2-2), 8:40 p.m.

Washington (Zimmermann 9-6) at San Francisco (Bumgarner 12-7), 10:15 p.m.

Wednesday's games

Philadelphia at Miami, 12:40 p.m.

Houston at Chicago Cubs, 2:20 p.m.

Milwaukee at Colorado, 3:10 p.m.

Washington at San Francisco, 3:45 p.m.

L.A. Dodgers at Pittsburgh, 7:05 p.m.

N.Y. Mets at Cincinnati, 7:10 p.m.

San Diego at Atlanta, 7:10 p.m.

Arizona at St. Louis, 8:15 p.m.

TUESDAY

BLUE JAYS 10, YANKEES 7

	ab	r	h	bi		ab	r	h	bi
New York	5	2	3	2	Toronto	5	1	2	5
Jeter ss	5	1	2	1	RDavis lf	5	1	2	5
Swisher rf	5	1	2	1	McRoy 2b-ss	5	1	1	1
Teixeir 1b	4	0	1	0	Encnc dh	4	2	3	2
Cano dh	3	1	1	2	Copper lf	5	0	2	1
AnJons lf	4	1	1	0	Siera rf	5	1	3	0
Grndrs cf	4	1	1	0	Mathis c	4	2	1	1
McGeh 3b	4	0	1	1	YGoms 3b	3	1	1	0
RMartn c	4	0	0	0	Gose cf	3	1	0	0
JNix 2b	3	1	1	1	HKhrm ss	3	1	1	0
ISuzuki ph	1	0	0	0	KJhnsn ph-2b	1	0	0	0
Totals	37	7	11	7	Totals	38	10	14	10

New York

Toronto

DP—Toronto 1. LOB—New York 4, Toronto 7.

2B—Jeter (23), Teixeira (24), An.Jones (7), McGehee (3), J.Nix (9), R.Davis 2 (18), Encarnacion (22), Mathis (9), HR—Jeter (9), Cano (25), Encarnacion (30), SB—R.Davis (33).

New York

IP

H

R

ER

BB

SO

P.Hughes L,11-10

4

9

7

1

4

Igarashi

2

3

3

1

1

Epley

12-3

1

0

0

1

3

Rapada

0

1

0

0

0

0

Chamberlain

1-3

0

0

0

0

0

Toronto

Happ W,1-1

52-3

6

4

4

0

4

Lincol

1

4

3

3

0

0

Oliver H,13

11-3

1

0

0

0

2

Janssen S,15-16

1

0

0

0

0

0

Rapada pitched to 1 batter in the 8th.

HBP—by Oliver (CAN). WP—Happ, PB—R.Martin.

Umpires—Home, Mike DiMuro; First, Jim Reynolds; Second, James Hoyer; Third, Jim Joyce.

T—2:49. A—43,924 (49,260) at Toronto.

FOOTBALL

NFL PRE-SEASON

Monday's result

Dallas at Oakland

Sunday's result

Indianapolis 38, St. Louis 3

Thursday, Aug. 16

Cleveland at Green Bay, 8 p.m.

Cincinnati at Atlanta, 8 p.m.

Friday, Aug. 17

Tennessee at Tampa Bay, 7:30 p.m.

Buffalo at Minnesota, 8 p.m.

Jacksonville at New Orleans, 8 p.m.

Detroit at Baltimore, 8 p.m.

Miami at Carolina, 8 p.m.

Oakland at Arizona, 10 p.m.

Saturday, Aug. 18

N.Y. Giants at N.Y. Jets, 7 p.m.

San Francisco at Houston, 8 p.m.

Kansas City at St. Louis, 8 p.m.

Washington at Chicago, 8 p.m.

Dallas at San Diego, 9 p.m.

Seattle at Denver, 9 p.m.

Sunday, Aug. 19

Indianapolis at Pittsburgh, 8 p.m.

Monday, Aug. 20

Philadelphia at New England, 8 p.m.

CFL

WEEK EIGHT

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Hamilton	6	3	3	0	182	198	6		
Toronto	6	3	3	0	138	151	6		
Montreal	6	3	3	0	164	188	6		
Winnipeg	6	1	5	0	127	199	2		
WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
B.C.	6	4	2	0	158	119	8		
Edmonton	6	4	2	0	139	99	8		
Calgary	6	3	3	0	186	174	6		
Saskatchewan	6	3	3	0	175	141	6		

Thursday's game

Hamilton at Winnipeg, 8 p.m.

Friday's game

Montreal at Edmonton, 9 p.m.

Saturday's game

Toronto at Calgary, 7 p.m.

Sunday's game

Saskatchewan at B.C., 7 p.m.

SCORING LEADERS

(x — scored two-point convert)

	TD	C	FG	S	Pts
Whyte, Mtl	0	16	14	4	62
McCallum, BC	0	16	14	2	60
Shaw, Edm	0	13	14	1	56
Paredes, Cal	0	18	12	0	54
Milo, Sask	0	16	11	4	53
Palardy, Wpg	0	9	13	0	48
Congi, Ham	0	21	8	1	46
x-Lewis, Cal	7	2	0	0	46
Walker, Ham	7	0	0	0	42
Sheets, Sask	6	0	0	0	36
Prefontaine, Tor	0	5	10	1	36
C.Williams, Ham	5	0	0	0	30
Waters, Tor	0	5	7	1	27
x-Matthews, Wpg	4	2	0	0	26
Boyd, Tor	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Dressler, Sask	4	0	0	0	24
Harris, BC	4	0	0	0	24
Whitaker, Mtl	4	0	0	0	24
Brink, Wpg	3	0	0	0	18
Charles, Edm	3	0	0	0	18
Koch, Edm	3	0	0	0	18
Lavoie, Mtl	3	0	0	0	18
Mitchell, Cal	3	0	0	0	18
Owens, Tor	3	0	0	0	18
x-Fantuz, Ham	2	2	0	0	14
Bratton, Mtl	2	0	0	0	12
Burnett, Edm	2	0	0	0	12
Foster, BC	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Gore, BC	2	0	0	0	12
Grant, Ham	2	0	0	0	12
Iannuzzi, BC	2	0	0	0	12
Inman, Tor	2	0	0	0	12
O.Jones, Ham	2	0	0	0	12
London, Mtl	2	0	0	0	12
Lulay, BC	2	0	0	0	12
Richardson, Mtl	2	0	0	0	12
Stephenson, Ham	2	0	0	0	12
Taylor, Cal	2	0	0	0	12
x-Watson, Wpg	1	2	0	0	8
DeAngelis, Sask	0	2	2	0	8
Alix, Tor	0	1	2	1	8
Anderson, Mtl	1	0	0	0	6
Barnes, Tor	1	0	0	0	6
Bekasiak, Mtl	1	0	0	0	6
T.Brown, BC	1	0	0	0	6
Bruce, BC	1	0	0	0	6
Bryant, Cal	1	0	0	0	6
Chambers, Edm	1	0	0	0	6
Cote, Cal	1	0	0	0	6
Denmark, Wpg	1	0	0	0	6
Durant, Sask	1	0	0	0	6
T.Edwards, Wpg	1	0	0	0	6
Green, Mtl	1	0	0	0	6
Fraser, Cal	1	0	0	0	6
Hill, Edm	1	0	0	0	6
Hughes, Sask	1	0	0	0	6
J.Jackson, Tor	1	0	0	0	6

GOLF

WORLD RANKING

Through Aug. 12

1. Rory McIlroy	Nlr	10.35
2. Luke Donald	Eng	9.59
3. Tiger Woods	USA	8.71
4. Lee Westwood	Eng	7.35
5. Webb Simpson	USA	6.23
6. Adam Scott	Aus	6.13
7. Justin Rose	Eng	6.12
8. Bubba Watson	USA	6.11
9. Jason Dufner	USA	5.93
10. Steve Stricker	USA	5.78
11. Matt Kuchar	USA	5.68
12. Keegan Bradley	USA	5.61
13. Graeme McDowell	Nlr	5.33
14. Zach Johnson	USA	5.12
15. Hunter Mahan	USA	5.05
16. Louis Oosthuizen	SAF	4.78
17. Ernie Els	SAF	4.72
18. Dustin Johnson	USA	4.58
19. Phil Mickelson	USA	4.32
20. Rickie Fowler	USA	4.22
21. Martin Kaymer	Ger	4.14
22. Charl Schwartzel	SAF	4.13
23. Ian Poulter	Eng	4.10
24. Francesco Molinari	Ita	4.08
25. Jason Day	Aus	4.03
26. Bo Van Pelt	USA	3.99
27. Brandt Snedeker	USA	3.94
28. Jim Furyk	USA	3.90
29. Sergio Garcia	Esp	3.86
30. Peter Hanson	Swe	3.80
31. Bill Haas	USA	3.76
32. Carl Pettersson	Swe	3.54
33. Paul Lawrie	Sco	3.43
34. Nick Watney	USA	3.41
35. Nicolas Colseats	Bel	3.35
36. John Senden	Aus	3.31
37. David Toms	USA	3.30
38. K.J. Choi	Kor	3.23
39. Martin Laird	Sco	2.98
40. David Lynn	Eng	2.96
41. Thomas Bjorn	Den	2.85
42. Geoff Ogilvy	Aus	2.71
43. Fredrik Jacobson	Swe	2.69
44. Simon Dyson	Eng	2.66
45. Rafael Cabrera Bello	Esp	2.65
46. Bae Sang-moon	Kor	2.65
47. Aaron Baddeley	Aus	2.65
48. G.Fernandez-Castano	Esp	2.61
49. Mark Wilson	USA	2.56
50. Alvaro Quirios	Esp	2.51
51. Jonathan Byrd	USA	2.50
52. Brandon Grace	SAF	2.47
53. Kevin Na	USA	2.46
54. Scott Piercy	USA	2.43
55. Robert Garrigus	USA	2.43
56. Kyle Stanley	USA	2.42
57. Jamie Donaldson	Wal	2.42
58. Ben Crane	USA	2.35
59. Anders Hansen	Den	2.31
60. Marcel Siem	Ger	2.30
61. Padraig Harrington	Ir	2.27
62. Robert Karlsson	Swe	2.25
63. Alexander Noren	Swe	2.20
64. Michael Thompson	USA	2.16
65. Ben Curtis	USA	2.13
66. Greg Chalmers	Aus	2.13
67. Retief Goosen	SAF	2.11
68. Robert Rock	Eng	2.07
69. John Huh	USA	2.06
70. Ryo Ishikawa	Jpn	2.05
71. Miguel Angel Jimenez	Esp	2.03
72. Marc Leishman	Aus	2.01
73. Johnson Wagner	USA	2.00
74. Vijay Singh	Fji	2.00
75. Rory Sabbatini	SAF	1.97

TENNIS

ATP-WTA

WESTERN & SOUTHERN OPEN

At Mason, Ohio

Singles

Men

First Round

Nikolay Davydenko, Russia, def. Alexandr Dolgoplov (13), Ukraine, 6-1, 6-1.

Andreas Seppi, Italy, def. Robin Haase, Netherlands, 6-4, 6-4.

Jesse Levine, United States, def. Donald Young, United States, 6-4, 7-6 (2).

Marin Cilic (12), Croatia, def. Sergiy Stakhovsky, Ukraine, 6-3, 4-6, 6-4.

Yen-hsun Lu, Taiwan, def. Lukasz Kubot, Poland, 6-3, 6-0.

Brian Baker, United States, def. Philipp Kohlschreiber (15), Germany, 7-6 (7), 7-6 (3).

Viktor Troicki, Serbia, def. Ivan Dodig, Croatia, 6-4, 7-5.

Florian Mayer, Germany, def. Fabio Fognini, Italy, 7-5, 6-2.

Pablo Andujar, Spain, def. Mariniko Matosevic, Australia, 6-4, 6-3.

Women

First Round

Mona Barthel, Germany, def. Maria Jose Martinez Sanchez, Spain, 6-0, 6-4.

Timea Babos, Hungary, def. Varvara Lepchenko, United States, 7-6 (4), 6-4.

Anabel Medina Garrigues, Spain, def. Simona Halep, Romania, 6-3, 6-0.

Johanna Larsson, Sweden, def. Casey Dellacqua, Australia, 6-1, 6-3.

Julia Georges, Germany, def. Shahar Peer, Israel, 6-3, 6-3.

Camila Giorgi, Italy, def. Francesca Schiavone (14), Italy, 6-1, 6-3.

Eleni Daniilidou, Greece, def. Vania King, United States, 6-3, 2-6, 7-6 (6).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	24	13	7	4	30	22	43
New York	24	12	7	5	40	34	41
Houston	24	11	6	7	35	27	40
Chicago	23	11	7	5	28	25	38
Montreal	26	10	13	3	36	43	36
D.C. United	22	11	8	3	36	29	38
Columbus	20	8	8	4	20	21	28
Philadelphia	21	7	12	2	23	27	23
New England	23	6	12	5	26	29	23
Toronto	22	5	13	4	25	40	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	24	14	5	5	47	29	47
Real Salt Lake	25	13	9	3	36	30	42
Seattle	23	10	6	7	32	34	37

## RENTALS

## Rooms Furnished

Gatineau - 1 bdrm, 1 Bath, fully furnished  
10 minute drive to downtown Ottawa.  
Washer, dryer and dishwasher all in unit.  
Everything included. 819-319-5823

## PERSONALS

## Personals

SEXY EUROPEAN EX-MODEL  
GONE WILD

21 yrs, 5'2/34c  
Where Fantasies  
Become Reality  
Avail. 24/7  
613-600-8410

## SERVICES

## Financial

## Need Ca\$h Today?

Loans up to \$10,000  
Bad Credit? No Problem.  
www.eazycash.ca  
613-699-0011  
Check Cashing, Car Title  
Loans, Money Transfers.

## Medical/Dental

The Caregard Group, Ottawa, ON 1 Registered Practical Nurse (RPN) req'd at Riverpark Place Retirement Residence located at Nepean, ON; Perm. f/t shift work 37.5 hrs /wk; completion of college/CEGP/voc. or tech, training; Eligible for licensure; 1-2 yrs of related exp; geriatric & palliative care; \$20.75/hr; Email resume: [crichtie@caregard.ca](mailto:crichtie@caregard.ca)

## Mortgages

## OWN A HOME?

Loaded with Debt? I can help! 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  
Mortgages Re-Financing. Home Equity  
Loans. Debt Consolidation Loans. Bad  
Credit? Self-Employed? Bank said "No"?  
Fast approvals! Quick Closing!  
Steve Daigle: [sdaigle@rmacc.com](mailto:sdaigle@rmacc.com)  
(613)863-0649 lic10717

follow us  
like us

HOUSEHOLD  
SERVICES

## General Services

## M.J.M. VACUUMS

1061 Merivale Rd., Ottawa  
Call John at: 613-724-4777  
Central vacuums starting at  
**\$399**  
Installation Available  
Sales & Repairs All Kinds  
COUPONS at [www.mjmvacuums.com](http://www.mjmvacuums.com)

## Medical/Dental

## MISCELLANEOUS

## Miscellaneous

## LOOK!

Advertise in this space  
for as low as  
**\$10/day!!**  
Call 1-800-527-6767

Gotta old  
couch you  
wanna get  
rid of?

Place your ad in  
Metro classifieds  
[metroclassifieds.ca](http://metroclassifieds.ca)  
**1 800 527-6767**

## Houses For Sale

## Houses For Sale

## Attention Realtors!

Want to reach over 92,600 daily Metro News readers?  
Advertise your listings with Metro Classifieds.



2 Listings  
Starting as low as  
**\$36 per day**

Call 1-800-527-6767 to place your ad now!

Read  
metro work  
every Monday  
and Wednesday  
for tips and trends  
in education  
and employment.

Only in Metro.  
News worth sharing.

PLANTING  
NATIVE TREES:  
*A manly way to get  
The Manly  
Look.*

EVERGREEN Bring nature back to your city. Get involved at [EVERGREEN.CA](http://EVERGREEN.CA)

## Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

1 Fortress 3 wheeler Scooters  
In A1 condition  
Please call 613-565-0704  
leave message if no answer.

Brand new budgie bird cage with 2 budgies.  
\$50  
613-746-8702

Ethan Allan pair of sofa's plus love seat  
\$500 for all 3  
Floral print and excellent condition  
613-745-6969

Limited spaces avail. Get yours today!  
Call: 1-800-527-6767  
Size 1.535" X .542", Limit 1/day, 2/wk

Rotisserie for bbq • wardrobe • long wooden  
table with folding legs • cabinets • lamp •  
pictures • much more  
Call 613-729-7527 for details

Upright freezer - \$75  
10,000 BTU Air Conditioner - \$100  
Call 613-829-4561

2 adjustable deck lounge chairs  
1 metal, 1 hard plastic  
cushions in excellent shape \$25.00 each  
**613-619-4256**

Call: 1-800-527-6767 today  
to book this space!  
Size 1.535" X .542", Limit 1/day, 2/wk

Fashionable Fascinators For All Occasions  
(hats)  
Various prices  
**613-825-7570**

MOVING SALE : white kitchen table \$5.00  
4 kitchen chairs \$3.00 each  
2 living room tables \$5.00 each  
childrens dresser \$5.00 **819-598-5235**

**Toaster Oven New \$60  
TV with stand \$100  
Wardrobe and Much More  
Please call 613-722-6699**

Wii Gaming System with one controller and  
games  
\$400  
Call 613-710-1756

2 sofa with recliner from Lazy boy. 9 months  
old. Asking \$500 each. • Desktop & coffee  
table from IKEA - \$20 each OBO  
Call (613)867-1029

DVD Player for Sale  
with remote  
Asking \$50.00  
**613-237-2866 or 613-371-1056 - C**

Fridge - \$100 • Dryer - \$50 • TV -  
\$25 • Dishwasher - \$100  
Call 613-749-2265 / 613-749-4215

MOVING SALE  
New and old must be sold  
Call before coming!  
613-513-5515

TV Unit, black in color, 2 doors for storage and  
2 glass doors on top \$25.00  
Futon, 9 months old \$115 Firm  
**819-598-5235**

**XBOX original in great shape  
Controller S, DVD remote and  
6 games Neg Price  
613-798-0310 Leave message**

Area Pro 2 Electric Guitar  
\$100  
Call 819-328-7115

**Electric Wheelchair  
very good condition  
\$1200  
(613)422-6447**

**Like New:  
Scrub Tops. Sizes 1x - 2x  
\$7.00 each  
613-823-4806**

ProForm Biovibe Vibration Bench  
Features multiple levels of vibrate & prepro-  
grammed workouts. \$300 new, asking \$150  
OBO  
Call 613-729-2059

Two basketball nets  
\$60 & \$150 OBO  
Call 613-829-4561

**Your Free Ad Here !  
Call: 1-800-527-6767  
Size 1.535" X .542", Limit 1/day, 2/wk**

Read metro your money  
every Tuesday for financial tips,  
trends and advice.  
Only in Metro. News worth sharing.



## Horoscopes

### Aries

**March 21 - April 20**

Whatever else you do today, you must not take sides in a dispute. Power planet Pluto warns that even if you pick the winning side, you will lose out in ways you had not expected. Stay neutral — it's safer.

### Taurus

**April 21 - May 21**

No matter how successful you have been in your career, you can't shake the feeling that you could have done even better. Maybe it's true, maybe you could, but there's still today and tomorrow.

### Gemini

**May 22 - June 21**

For some reason, you have got it into your head that a friend or colleague is trying to take advantage of you. Most likely it is your imagination playing tricks on you. Master your mind, don't let it master you.

### Cancer

**June 22 - July 23**

Use your powers of persuasion to convince a friend or relative that what they are worrying themselves silly about is not worth the effort. And after you have convinced them, you might like to do the same for yourself.

### Leo

**July 24 - Aug. 23**

The message of the stars today is that you have taken on too much and need to cut back on your commitments. You may not want to let people down but the fact is your health must come first.

### Virgo

**Aug. 24 - Sept. 23**

A friend or colleague will suggest something today that sounds really good, but because you are worried about your money situation you may let it pass. Mistake! It could be the cash cow you've been looking for.

### Libra

**Sept. 24 - Oct. 23**

Other people may think that a certain course of action is wrong but you don't have to agree with them. Only you can decide what is "right" and "wrong" in your life, so don't give that power away.

### Scorpio

**Oct. 24 - Nov. 22**

You will achieve more in the long-term if you deal with people one-to-one than if you try to get your message over to large groups. Use your Scorpio charm (yes it does exist!) to get what you need.

### Sagittarius

**Nov. 23 - Dec. 21**

It may be that your options are limited but they are not so limited that you have to sit back and let fate turn you this way and that. Make a decision today and stick with it. Show fate you're the boss.

### Capricorn

**Dec. 22 - Jan. 20**

You have big ideas and big plans, but are you ever going to do anything with them? The planets urge you to stop thinking so much and actually start working. A little bit each and every day is all that is needed.

### Aquarius

**Jan. 21 - Feb. 19**

No matter how much pressure you come under from influential people, you must not betray your principles. If you back off even a little bit now you will end up backing off a lot later on.

### Pisces

**Feb. 20 - March 20**

It may be true that some people are not pulling their weight but don't make a big deal of it. Ignore what they are doing (or not doing) and focus on your own activities — that's what will make the difference.

SALLY BROMPTON

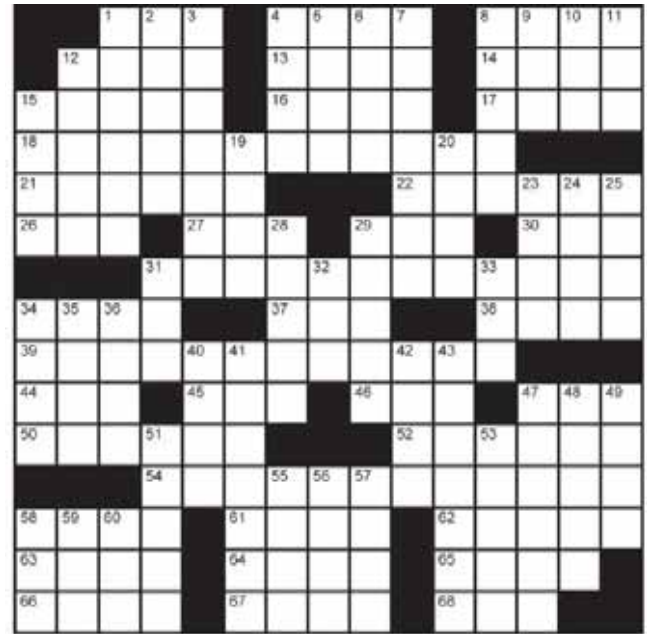
## Crossword: Miscellany

### Across

1. Replacement
4. Real estate rentals: abbr.
8. Observes
12. Altar end of church
13. Bend in a sink's pipe
14. Ottawa-born singer-songwriter Paul who wrote the much-covered "My Way"
15. Weeps
16. Short note
17. Encounter
18. Canada's official weights and measures reckoning (2 wds.)
21. Big rig fuel
22. Clandestine meetings
26. Hosp. workers
27. Prefix for logical or physical meaning "earth"
29. Maritime Prov.
30. "\_\_\_ Baby": 1965 Miracles hit
31. Montréal singer-poet most known for "Suzanne" (2 wds.)
34. Rim
37. *Nightmare on \_\_\_ Street*
38. Assents noiselessly
39. Canadian and American honeymooners' destination (2 wds.)
44. Bear's hibernation spot
45. Chewing \_\_\_
46. "\_\_\_ thousand times ...": "I'll never agree" (2 wds.)
47. Lamb's bleat
50. Dextrose and fructose
52. What Scarborough or North York is to Toronto
54. These mountains extend from southern BC through Washington and Oregon to Northern California (2 wds.)
58. A step away
61. America's top corn-growing state
62. Gold bar
63. Lake bounded on the north by Ontario
64. Affirm solemnly
65. Home to Adam and Eve
66. Makes a mistake
67. Bird home
68. Canadian redeye

### Down

1. Is venomous to
2. People with computers
3. Overwhelm, as with requests
4. Cash dispensers
5. Carnivore's quarry
6. Scottish caps
7. Like a leopard
8. \_\_\_ Davis Jr.
9. Montréal-to-Québec dir.
10. Barely manage (with "out")
11. Posed
12. "Congratulations \_\_\_ order" (2 wds.)
15. Admiral's underling: abbr.
19. Disney goldfish
20. Guitarist Clapton
23. Area in London or NYC
24. \_\_\_ the line: conformed
25. Male offspring
28. 60 minutes past mid-



Copyright © 2012 Michael Rosenberg

night (2 wds.)

29. Spin doctor, for short (2 wds.)
31. Part of a race
32. Fuzzy alien of '80s TV
33. Light switch positions
34. Finishes
35. "Mon \_\_\_!"
36. Band of outlaws
40. India city that's home to the Taj Mahal

41. \_\_\_ roulette
42. Be an unsuccessful gambler
43. PM Wilfrid
47. \_\_\_ cord: what thrill-seeking bridge jumper uses
48. Inert gas in vacuum tubes
49. Aid
51. 640 make a square

- mile
53. "Don't \_\_\_ words with me"
55. Small inlet
56. Bedazzles
57. Barroom projectile
58. Society page adjective that means "born" in French
59. Flub
60. Atmosphere

## Yesterday's crossword



## What's online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku

2	3	6	8	5	1	4	9	7
1	5	7	3	4	9	2	6	8
4	9	8	6	7	2	5	1	3
7	1	9	2	8	5	3	4	6
3	8	2	7	9	4	8	5	1
5	8	4	1	3	6	9	7	2
9	7	1	4	2	3	6	8	5
6	4	3	5	1	8	7	2	9
8	2	5	9	6	7	1	3	4

**Today**

27°/17°

Thunderstorms

60%

**Wednesday**

25°/16°

Thundershowers

70%

Know what the weather will be 14 days from now. Check the 14 day trend.

©The Weather Network 2012

# Sharability



easy

hard

**QuestChat™**

feel the rush

**TRY IT FREE™**

**613.232.4444**

Other Cities 1.888.482.8282

1.900.577.4444 • 325/50min  
Dial #CHAT#(2428) 78/HW  
Text "QUEST" to 96668 15/10min  
Free but not applicable on #CHAT

questchat.com



# OTTAWA GOLD

## Paying You the Highest Gold and Silver Prices Guaranteed

Don't be fooled by recycling and road show events any longer. We offer significantly higher prices and we stand behind our promise to offer you the highest prices guaranteed. Breathe easy and sell with confidence. Visit us today and be pleasantly surprised.

### WE PROMISE YOU...



#### The Highest Prices Guaranteed

Since we offer our very best prices upfront, there's no need for stressful negotiations. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we will beat that price by 20% of the difference!

Terms and Conditions can be found at [www.OttawaGold.ca](http://www.OttawaGold.ca)

#### Honest, Friendly and Transparent Service

We are dedicated to providing honest and transparent service with the highest payouts in the industry and no hidden fees. Everything is done right in front of you so you can be involved in every step, and payments are made in person, on-the-spot.

#### How it Works....

1. Bring in your unwanted jewellery.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

### WHAT WE PAY

#### Gold Buying Prices by Karat Karat | Price/gram

1 ounce (9999) Maple Leaf Coins	\$ 1,536.71/coin
9999 Canada Maple leaf, less than 1 ounce	\$ 49.41/g
24k Jewellery	\$ 37.77/g
22k	\$ 34.60/g
E. Indian/Nuggets	\$ 30.67/g
18k	\$ 28.33/g
14k and dental	\$ 22.02/g
10k	\$ 15.71/g
9k	\$ 14.16/g
8k/antique gold	\$ 9.44/g

#### Gold Bar Buying Prices Gold Bars | Buy Price

Gold 1 ounce (Recognized)	\$ 1,480.39
Gold 10 ounce (Recognized)	\$ 14,723.48
Gold 1kg (Recognized)	\$ 47,335.98
Gold bars, less than 1 ounce (Recognized)	\$ 47.34/g
999 Gold bar (Unrecognized)	\$ 46.05/g

#### Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver)	\$ 26.78/coin
-----------------------------	---------------

#### Silver Jewellery and Other Silver | Price

Stamped Sterling Silver Flatware	\$ 0.55/g
Stamped Sterling Silver Jewellery	\$ 0.52/g
Mexican Silver stamped 925	\$ 0.44/g
Stamped 800 Silver	\$ 0.43/g
Unstamped scrap silver	\$ 0.28/g
Other silver coins	\$ 0.58/g

Prices Updated: 2012-08-10, 1:58:00 PM

#### Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: \$4,260.87



#### Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: \$242.48



#### Example Purchase 3:

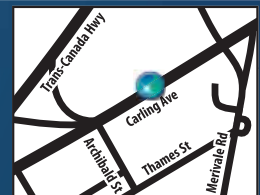
Purity: 14k • Weight: 183.30g

PRICE: \$4,036.27



# 613.979.GOLD (4653)

Westgate Shopping Centre, 1309 Carling Ave, Ottawa  
Monday to Friday, 9:30am to 6pm • Saturday, 10am to 5pm • Sunday, 12pm to 4pm



[www.ottawagold.ca](http://www.ottawagold.ca)